

# Nutritious Disease Fighting Foods

(File 1 of 3) [A – D (43 pages)]-

## Daily Value-DV%

Diet Chart based on 2000 calorie DIET for Healthy Adults

It took me 4 months [ 3 hours/day] to compile these 3 files.

Compiled By: **Mirza Ehteshamuddin Ahmed**-(Hyderabadi)

M.Tech(Chemical Engineer)WA/Ph- 00966-**509380704**

### Contents

Name of Fruit / Vegetable / Meat...	Page	Name of Fruit / Vegetable / Meat	Page
Explanation	2	Cabbage	24
Highest DV%	3	[Cantaloupe-see Melon file2of3 page ]	
( <b>Nutritious Disease Fighting Foods</b> )		Carrot	26
Almonds	4	Cashew	28
Banana	7	Cauliflower	31
Beans Green Hard	10	Chicken Breast	34
Beef Ground	14	Cinnomon	36
Beat Root Red	17	Cucumber	40
Broccoli	22	Dates	41

**Explanation-  
Highest-(Right Side value)**

**Example -1**

**Almonds** 28gm Vit A(0%DV255)  
Almonds have vit A zero%

The right side # 255  
represents some other  
fruit/vegetable has highest  
of vit A 255%DV (SEE  
HIGHEST LIST BELOW)

**Example -3**

**Almonds** 28gm Vit B2(17%DV120)  
Almonds have vit B2 (17%)

The right side # 120  
represents some other  
fruit/vegetable has highest  
of vit A 120%DV (SEE  
HIGHEST LIST BELOW)

**Explanation-  
Highest-(Right Side value)**

**Example -2**

**Almonds** 28gm Vit B1(4%DV45)  
Almonds have vit B1 4%DV

The right side # 45  
represents some other  
fruit/vegetable has highest  
of vit B1 45% DV (SEE  
HIGHEST LIST BELOW)

**Example -4**

**Almonds** 28gm Vit B3(5%DV56)  
Almonds have vit B3 (5%)

The right side # 56  
represents some other  
fruit/vegetable has highest  
of vit B1 45% DV (SEE  
HIGHEST LIST BELOW)

### Highest DV% list (Nutritious Disease Fighting Foods)

**Lamb Liver 50gm** ( بکرے کی کلیجی )

Vit A(255%DV255)  
 Vit B2(120%DV120)  
 Vit B5(18%DV18)  
 Vit B12(612%DV612)  
 Copper(180%DV180)  
 Cholesterol(85%DV85)

**Whole Wheat Grain 150gm**  
 ( جو پھلکے کے ساتھ گیہوں کا آٹا )  
 (شعیر)

Vit B1(45%DV45)  
 Vit B6(25%DV25)  
 Iron(33%DV33)  
 Magnesium(51%DV51)  
 Maganese(285%DV285)  
 Phosphorous(52%DV52)  
 Selenium(151%DV151)  
 Zinc(29%DV29)  
 Fiber(74%DV74)  
 Carbohydrates(36%DV36)

**Black Eye Bean 100gm**  
 Vit B9-Folic A.(52%DV52)

### Highest DV% list (Nutritious Disease Fighting Foods)

**Milk Dry Powder Whole milk 64 gm half cup** (دودھ پاؤڈر)

Calcium(58%DV58)  
 Potassium(25%DV25)  
 Saturated Fat(53%DV53)

**Almonds 28gm**  
 Vit E(37%DV37)

**Tilapia Fish cooked 100gm**  
 Protein(52%DV52)

**Wheat Flour White 150gm**  
 Calories(27%DV27)

**Turnip Green Cooked 50gm**  
 Vit K(220%DV220)

**Tuna Fish Lt in salt water 85gm**  
 Vit B3(56%DV56)

**Replace corn oil with Olive oil**  
 Corn oil 2tbsp 28gm

**Guava 83gm**  
**Vit C(314%DV314)**

**Total Fat(43%DV43)**

4

## **Almonds 28gm (73/4,454)(لوز) بادام**

**Problem → →** Omega3(0%DV -1/1700); Total Fat(21%DV43); saturated Fat(5%);  
Vit A(0%DV255); VitB1(4%DV45);  
**B2(17%DV120);** B3(5%DV56); B5(1%DV18);  
B6(2%DV25); B12(0%DV25); C(0%DV314);  
**E(37%DV37); Folate(3%DV52);** vit K(0DV  
%220); **Calcium(7%DV58);**  
**Copper(14%DV180); Iron(6%DV33);**  
**Magnesium(18%DV51);** Manganese(32%DV  
285); **Phosphorous(Bones-14%DV52);**  
**Potassium(6%DV25);** Selenium (1%DV 151);  
**Zinc(6%DV29);** Omega3(0%DV -1/1700);  
Omega6(68%DV); **Fiber(14%DV74 );**  
Carb(2%DV); **Protein(12%DV52);**  
Calorie(8%DV); Total Fat(21%DV43); saturated  
Fat(5%); Cholesterol (0%DV)

## **Almonds (1) Antioxidants(v.strong)**

[ **(C(7%DV314);** Vit A(0%DV255); **E(37%DV37);**  
**Copper(14%DV180);** Selenium (1%DV 151);  
**Zinc(6%DV29)]**

## 5

### Almonds(cont'd)

**(1a) BP(V.Strong) -[ Magnesium(18%DV51); Potassium(6%DV25); Fiber(14%DV74)]-**

**[Magnesium-Heart has the highest magnesium requirement (18%DV51);]**

**(1b) Cancer Protection (Breast)** They found that individuals who consumed higher quantities of peanuts, walnuts, and almonds had their risk of breast cancer reduced by 2-3 times.

### **(2) Libido and Sex hormones(v.strong)**

**[E(37%DV37); Vit A(0%DV255); B12(0%DV25); B6(2%DV25); Protein(12%DV52);**

**Potassium(6%DV25); VitB1(4%DV45);**

**B3(5%DV56); VitD(0%DV45); Zinc(6%DV29)]**

### **(3) Reduces Hunger-[ Carb(2%DV);**

**Protein(12%DV52; Fiber(14%DV74 );**

**Calorie(8%DV27)]** Nuts are low in carbs, but high in protein and fiber. Studies show that eating almonds (and other nuts) can increase satiety and help you eat fewer calories.

### **(4) Both Weight gain and Weight Loss –**

**[Fiber(14%DV74 ); Saturated Fat(5%); Total**

**Fat(21%DV43); Cholesterol (0%DV);  
Carb(2%DV); Calorie(8%DV);]**

**6**

## **Almonds(cont'd)**

**(5) Anaemia-[ Iron(6%DV33);**

**Folate(3%DV52); B12(0%DV25); C(0%DV314)]**

**(6) Diabetes-**[GL low <10 high>20; Fiber; sat  
fat(5%); total fat(21%); Carb(2); calories(8%);  
protein(12%)] **[Magnesium(18%DV51);]**

**Banana** 1 medium (موز) (موز) -A low alkaline  
Ph 5; (Purines 57 Hi>400 Lo<100) **problem** with  
Banana is FAT [carbs (18%DV36);  
Calorie(10%DV); Sat fat (1%); Total Fat(1%)]

Vit A(2%DV255); **VitB1(3%DV45);**  
**B2(5%DV120); B3(4%DV56); B5(4%DV18);**  
**B6(23%DV25); B12(0%DV25); C(18%DV314);**  
**E(1%DV37); Folate(6%DV52); K(1%DV220);**  
Calcium(1%DV58); **Copper(6%DV180);**  
**Iron(2%DV33); Magnesium(7%DV51);**  
Manganese(20%DV 285);  
Phosphorous(4%DV52); **Potassium(12%DV25);**  
Selenium (2%DV 151); **Zinc(1%DV29);**  
Omega3(2%DV -1/2); Omega6(1%DV);  
**Fiber(7%DV74 ); Protein(2%DV52);**  
Calorie(10%DV52); Carbs(18%); Sat Fat(1%);  
Total Fat(1%);

-  
**Banana (1) Antioxidants** [vit C (18%DV); vit  
A(2%DV); vit E(1%DV); **Copper(6%DV);**  
Zinc(1%DV); Selenium(2%DV)]  
**(1a) BP(Good[ Magnesium(7%DV51);**  
**Potassium(12%DV25); Fiber(7%DV74)]-**

## **Banana(Cont'd)**

### **(1b) Brain-Memory-( V. Strong)**

[**B6**(23%DV25); **Folate**(6%DV52)Choline;  
B3(4%DV56); B12(0%DV25);  
Manganese(**20**%DV 285); **Omega3**(2%DV -1/2)]

**(1c)** Can Help Boost Your Mood- Bananas contain an amino acid called tryptophan, which is facilitates in the regulation of serotonin, one of our main “happy hormones” Healthy levels of serotonin work to lift your mood and prevent mood disorders including anxiety and depression. Banana nutrition also includes antioxidants that help with the release of dopamine within the brain, another mood enhancing hormone

### **(1d) Digestion -(Good)** [Dietary Fiber(**7**%DV74)]

**(2) Arthritis(Good)**(-A Low alkaline Ph 5);  
(Purines 57 Hi>400 Lo<100) [**Fiber**(7%DV74 );  
**Potassium**(12%DV25); **Vit C**(18%DV314);  
Purines( **57** Hi>400 Lo<100)); Omega3(2%DV  
-1/2); **Copper**(6%DV180)]



## **Banana(Cont'd)**

**(3) Boost energy -(Good)** [B12(0%); Magnesium(7%DV51), Iron(2%DV33), Potassium (12%DV25); (5) Coenzyme Q10(Anti-oxidant) (6)Vit D, (7) Hydration]

**(4) Anaemia -(Good)** [Iron(2%DV33); C(18%DV314); B12(0%DV25); Folate(6%DV52)]

**(5) Banana-Libido(Moderate)** [ Vit E(1%DV37); Vit A(2/0%DV); B12(0%DV); B6(23%DV25 ); Protein(2%DV52); Potassium(12%DV25); VitB1(3%DV45); B3(4%DV56); vit D(0%); Calcium(1%DV58); Magnesium(7%DV51); Zinc(1%DV29); Selenium (2%DV)]Copper(6%DV180); Copper works with iron to help the body form red blood cells]

**(6) Bones(Poor)**[Calcium(1%DV58); vit K(1DV %220; Copper(6%DV180) ]

## **Bananas Side Effects**

**(1) Fat** [carbs (18%DV36); Calorie(10%DV); Sat fat (1%); Total Fat(1%)]

**(2) Sugar**-Compared to other fruits- like berries, citrus, and kiwis- bananas are somewhat high in sugar and lower in fiber

**Beans green** raw Hard 110gm ( بنس کی پھلی )

**(Ph 6 A)–(فاصولیا) ( مٹر کے سخت دانے**

**Alkaline)(Purines 84 Hi>400 Lo<100)- Problem**  
beans green contain **OXALATES**, people with  
**kidney and gall bladder disorders are**  
**advised to avoid green beans**

Vit A(15%DV255); VitB1(6%DV45);  
B2(7%DV120); B3(4%DV56); B5(1%DV18);  
B6(4%DV25); B12(0%DV25); C(30%DV314);  
E(2%DV37); Folate(10%DV52); vit K(20DV  
%220); Calcium(4%DV58); Copper(4%DV180);  
Iron(6%DV33); Magnesium(7%DV51);  
Manganese(12%DV 285);  
Phosphorous(4%DV52); Potassium(7%DV25);  
Selenium (1%DV 151); Zinc(2%DV29);  
Omega3(2%DV+1); Omega6(1%DV);  
Fiber(15%DV74 ); Protein(4%DV52);  
Calorie(2%DV)

**(1) Antioxidants** –(V. Effective, V. Strong) [vit  
C (30%DV); vit A(15%DV); vit E(2%DV);  
Copper(4%DV180); Zinc(2%DV29);  
Selenium(1%DV)]

## **Beans green** raw Hard (cont'd)

Green beans are a good source of flavonoids and carotenoids, but the variety of those pigments was previously unknown. )

**(1a) Prevent Heart Disease)(Moderate)[**  
**Magnesium(7%DV51); Potassium(7%DV25);**  
**Fiber(15%DV74)]**-Flavonoids contain basic antioxidants like quercetin and kaempferol, but also more useful and beneficial ones like catechin and epicatechin. Catechin has been shown to reduce the severity of **strokes**.

**(1b) Eye Health (Good)[Vit A(15%DV255);**  
**C(30%DV314); Omega3(2%DV+1) ]**

-Carotenoids found in green beans contain antioxidants like beta-carotene and lutein. **.(1c)**  
**Immunity**

**(2) Anaemia–(V. Effective) Iron(6%DV33);**  
**C(30%DV314); B12(0%); B9-Folate(10%DV52);**  
**Copper(4%DV180);** Copper works with iron to help the body form **red blood cells]**

## Beans green raw Hard (cont'd)

### (3) Improves Bone Health –(Effective) -

[Calcium(4%DV58); vit K(20DV%220); D(0%)]

Green beans are a great source of **silicon**, which is a key element in bone regeneration and overall bone health.

### (4) Treat infertility –(Effective) -[Vit

E(2%DV37); Vit A(15%DV); B12(0%DV);

B6(4%DV25 ); Protein(4%DV52);

Potassium(7%DV25); VitB1(6%DV45);

B3(4%DV56); vit D(0%); Calcium(4%DV58);

Magnesium(7%DV51); Zinc(2%DV29);

Selenium (1%DV]

### (5) Laxative [Fiber(15%DV74)

**Side Effects Green Beans-** if consumed raw and large quantities

(1) **Kidney Stones**-Oxalic acid of green beans can crystallize and cause stones in the urinary tract. Always drink plenty of water to help reduce your risk, and consult your doctor if you have a history of oxalate urinary tract stones before consuming large amounts of green beans.

**(2) Mineral Deficiency-** If you have conditions that cause mineral deficiency, you may want to limit your intake of green beans due to their small amount of phytic acid. You can also decrease phytic acid greatly by cooking your green beans and avoiding them raw if you suffer from one of these conditions.

**(3) Allergy-** It's also possible to be allergic to green beans, as is true of all legumes. If you suspect you have a green bean allergy.

# 14

**Beef ground** (گائے کا گوشت) **cooked 50 gm-** **Highly Acidic +C ph-NA- (Purines NA Hi>400 Lo<100)-**

2 Problems Beef (1) it elevates levels of arachidonic acid in your body, and that, in turn, increases inflammation. (2) Fat[Sat Fat(12%DV); Total Fat(9%DV)]

Vit A(0%DV255); **VitB1(1%DV45);**  
**B2(5%DV120); B3(13%DV56); B5(3%DV18);**  
**B6(9%DV25); B12(21%DV25); C(0%DV314);**  
**E(1%DV37); Folate(0%DV52); K(0%DV220);**  
**Calcium(0%DV58); Copper(2%DV180);**  
**Iron(5%DV33); Magnesium(2%DV285);**  
**Manganese(0%DV 285);**  
**Phosphorous(10%DV52); Potassium(4%DV25);**  
**Selenium (15%DV 151);**  
**Zinc- vvGood(23%DV29); Omega3(2%DV**  
**-1/7); Omega6(5%DV); Fiber(0%DV74 );**  
**Protein(27%DV52); carbs(0); Calorie(5%DV52);**  
**Sat Fat(12%DV); Total Fat(9%DV)**

## **Beef ground (cont'd)**

**(1) Anti-Oxidants-(Strong)**-[vit C (0%DV); vit A(0%DV255); vit **E(1%DV)**; **Copper(2%DV180)**; Zinc vvGood(23%DV29); Selenium(15%DV151)]

**(1a) Brain-Memory(v.strong)**-[B6(9%DV25); Folate(0%DV52) Choline 8%; **B3(13%DV56)**; **B12(21%DV25)**; Manganese(0%DV 285); Omega3(2%DV -1/7)]

**(2) Boost energy -(Good)** [**B12(21%)**; Magnesium(**2%DV51**), **Iron(5%DV33)**, Potassium (**4%DV25**); (5) Coenzyme Q10(Anti-oxidant) (6)Vit D, (7) Hydration] Beef is high in carnosine, which may reduce fatigue and improve performance during exercise.

**Beef (3) Anaemia -(V. Effective)**  
[**Iron(5%DV33)**; C(0%DV314); B12(21%DV25); Folate(0%DV52); **Copper(2%DV180)**; **Copper** works with iron to help the body form **red blood cells**]

## **Beef ground (cont'd)**

**(4) Increase libido and male potency(v Strong) - [B6(9%DV25); Protein(27%DV52); Zinc- vvGood(23%DV29); Vit A(0%DV255); E(1%DV)]**

**Side effects** Red Meat means mostly Pork and Beef

**(1)** Red *Meat* May Increase Alzheimer's Disease Risk.

**(2)** Red *Meat* Can Cause Cardiovascular Disease.

**(3)** Your Risk of Colon Cancer Goes Up With Your Red *Meat* Consumption.

**(4)** Lots of Beef → Type 2 Diabetes.

**(5)** Mad Cow Disease

**(6)** Beef elevates levels of arachidonic acid in your body, and that, in turn, increases inflammation.

**(7)** Fat[Sat Fat(12%DV); Total Fat(9%DV)]



**Beetroot Good 85gm (چقندر) (شمندر)** – Very low alkaline pH6 – Purine 18; Eating raw beetroot preferred to preserve enzymes

Vit A(1%DV255); VitB1(2%DV45);  
 B2(2%DV120); B3(1%DV56); B5(1%DV18);  
**B6(3%DV25)**; B12(0%); C(5%DV314); E(0%);  
**Folate(17%DV52)**; Calcium(1%DV58);  
 Copper(3%DV180); Iron(4%DV33);  
 Magnesium(5%DV51); Manganese(14%DV285);  
 Phosphorous(3%DV52);  
**Potassium(7%DV25)**; Selenium (1%DV 151);  
 Zinc(2%DV29); Omega3(0%DV -1/12);  
 Omega6(1%DV); Dietary Fiber(8%DV74 );  
 Protein(3%DV52);

It also contains nitrates, betaine

### **(1) Beets-Antioxidants(Moderate only)**

[ (C(5%DV314); Vit A(1%); E(0%);  
 Copper(3%DV180); Selenium (notably  
 betacyanin) (1%DV 151); Zinc(2%DV29)]

#### **(1a) High in Cancer**-Protective

Antioxidants(**phytonutrients called betalains**  
 (categorized as **betanin**)- Beets are an excellent  
 source of disease-fighting **phytonutrients**  
**called betalains** (categorized as **betanin** and

## Beetroot(Cont'd)

vulgaxanthin) which function as **cancer**-protective beneficial antioxidants and **anti-inflammatory** (Purines v. low 18) molecules.

**(1b) Lower Your BP** for short time only 24 hours-Betaine and choline have been shown to powerfully regulate inflammation in the cardiovascular system, helping to bring cholesterol levels to a healthy balance and to reduce **High BP**

**(1b) BP(Moderate)**[Magnesium(5%DV51); Potassium(7%DV25);] for short time only 24 hours-Betaine and choline have been shown to powerfully regulate inflammation in the cardiovascular system, helping to bring cholesterol levels to a healthy balance and to reduce High BP.

**(1c) Fight Alzheimer's disease(Good).**

[Folate(17%DV52); B6(3%DV25); B12(0%DV25)] Beets help your mental health

**(1d) Digestion-** The fiber(8%DV74) in beets helps to “sweep” the **digestive** tract of waste and toxins while restoring healthy and regular bowel movements

## **Beetroot**(Cont'd)

### **(2) Liver Tonic –Liver detox compound**

glutathiones **-Blood Purifier-**Wonderful tonic for the **liver**, works as a Purifier For the Blood.

Beets are known to be natural “**blood cleansers**”. They are able to help you to **detox** and cleanse the blood of toxins, heavy metals, and waste due to their compounds called glutathiones, which are essential for detoxification within the liver and other digestive organs.

### **(3a) Boost Energy (Moderate)**-[ B12(0%);

Magnesium(5%DV51); Iron(4%DV33); Potassium(7%DV25); Coenzyme Q10(Anti-oxidant);Vit D; Hydration]

Boost Your Stamina. Beets are a high **source of energy**. Although nitrates are harmful but the type of nitrates found in whole foods like beets are actually very beneficial for boosting energy.

**(3b)** Tibb Nabwi-Sareed ( ثريس ) (thin gravy) of meat, beet root & chapatti ( خبز ) from Jaw ( الشعير ) (barely flour)

**Beet Root(4) Potency - (Low)** [E(0%DV37); Vit A(1%DV); B12(0%DV); **B6(3%DV25); Protein(3%DV52); Potassium(7%DV25); VitB1(2%DV45); B3(1%DV56); Vit D (0%) Calcium(1%DV58); Magnesium(5%DV51); Zinc(2%DV29); Selenium (1%DV 151);]** Contain high levels of **nitrates**

**and boron, [B6(3%DV25); Protein(3%DV52) ]** Help boost and maintain a healthy **sex** drive by increasing blood flow to the reproductive organs. Beets are able to do this due to their high levels of nitrates and boron, two substances that work in the body to regulate the production of human sex hormones

**(5) Eye health(moderate)**[Vit A(1%DV255); C(5%DV314); Omega3(0%DV -1/12)]-Beets are also very helpful in protecting eye health (Omega3:6 ratio -1/12). Beets are a source of lutein and zeaxanthin, which are two carotenoid phytonutrients -

Beet Side Effects- Don't eat daily, daily consumption may cause

Despite all these benefits of beets, you might want to eat **beetroot or beetroot juice or beet**

## **Beetroot**(cont'd)

green with caution

**(Avoid-1)** Beetroot **lowers BP**. Lower Your Blood Pressure for short time only 24 hours  
This can be a good thing for those who have high blood pressure. However, it is important to note that it can bring down the body's blood pressure level seriously down at times if Beetroots are taken in **combination with BP medication**.

**(Avoid-2)** kidney stones -if you're prone to kidney stones. They're high in oxalates, which can form small crystals and contribute to the development of kidney stones.

## 22

**Broccoli Boiled 37gm** (قرنبيط) (بروكولى)

**-Moderately alkaline ph 6.5** -(91/3,083)

Vit A(11%DV255); VitB1(2%DV45);  
B2(3%DV120); B3(1%DV56); B5(2%DV18);  
B6(4%DV25); B12(0%); C(40%DV314);  
E(3%DV37); Folate(10%DV52); K(85DV%220);  
Calcium(1%DV58); Copper(1%DV180);  
Iron(1%DV33); Magnesium(2%DV51);  
Manganese(4%DV 285);  
Phosphorous(2%DV52); Potassium(3%DV25);  
Selenium (1%DV 151); Zinc(1%DV29);  
Omega3(3%DV +2); Omega6(0%DV); Dietary  
Fiber(5%DV74 ); Protein(2%DV52);

**(1) Antioxidants (Strong) -(91/3,083) [**

**(C(40%DV314); Vit A(11DV255); E(3%DV37);**  
**Copper(1%DV180); Selenium (1%);**  
**Zinc(1%DV29)]**

Anti-cancer ; **Anti-inflammatory (broccoli is**  
**v.v.well known for its benefit as anti-**  
**inflammatory)** ; Improved digestion Dietary  
Fiber(5%DV74 )and natural detoxification;  
Cardiovascular support; Protection from chronic  
diseases, enhanced bone health.

## **Broccoli (cont'd)**

### **(2) Slows down OA and destruction of Joint**

**Cartilage-** -[Fiber(5%DV74 );

Potassium(3%DV25); **Vit C(40%DV314)**;

Purines(NA); **Omega3(3%DV +2)**

Copper(1%DV180)] **-**A study published in *Arthritis & Rheumatism* in 2013, revealed that a compound called sulforaphane, found in Brussels sprouts and cabbage but especially in broccoli, could be key in slowing the progress of **OA** and the destruction of **joint cartilage**.

### **(3) Strong Bones**[Calcium(1%DV58); **vit**

**K(85DV%220**; Copper(1%DV180) ]



## 24

**Cabbage cooked** 50 gm (ملفوف / کرنب) (پتہ گوبی) / Malfoof / Karnab)

-Low Alkaline ph 6 - (eat cooked) Purines (11 Hi>400 Low <100)

Vit A(1%DV255); VitB1(2%DV45); B2(1%DV120); B3(1%DV56); B5(1%DV18); **B6(3%DV25)**; B12(0%DV25); C(32%DV341); E(0%DV); **Folate(4%DV52)**; **vit K(68DV %220)**; Calcium(2%DV58); Copper(0%DV180); Iron(0%DV33); Magnesium(2%DV51); Manganese(5%DV285); Phosphorous(2%DV52); Potassium(3%DV25); Selenium (0%DV 151); Zinc(1%DV29); Omega3(4%DV +1); Omega6(1%DV); Dietary Fiber(4%DV74 ); Protein(1%DV52);

**(1) Antioxidants (Moderate)** [ (**C(32%DV314)**); Vit A(**1DV255**); E(0%DV37); Copper(0%DV180); Selenium (0%); Zinc(**1%DV29**)]

(1a) Prevents Risks of Cancer

**Cabbage (2) Slows down OA and destruction of Joint Cartilage-** [**vit K(Bone Health-68DV %220)**; C(32%DV341)]-A study published in *Arthritis & Rheumatism* in 2013, revealed that a compound called sulforaphane, found in Brussels sprouts and cabbage but especially in broccoli, could be key in slowing the progress of **OA** and the destruction of **joint cartilage**.



## **Cabbage (cont'd)(3) 7 benefits of Cabbage-**

(1) Powerhouse of Vitamins and Minerals.

"Being a green vegetable, cabbage juice is high in mineral content. ... (2) Fights Free Radicals.

Cabbage juice is an excellent source of **vit K(68DV%220);** and **C(32%DV341);** which help in fighting free radicals. ... (3) Detoxifies the Skin. ... (4) Aids in Weight Loss. ... (5) Builds Immunity. ... (6) Aids Liver Function. ... (7) Prevents Risks of Cancer

**Cantaloupe see Melons**

## 26

**Carrot** eat cooked ( گاجر کچی ) ( الجزر الخام ) **Alkaline ph**

6 –

**Vit A(94%DV255);** VitB1(1%DV45);  
B2(1%DV120); B3(1%DV56); B5(1%DV18);  
B6(2%DV25); B12(0%DV25); C(3%DV);  
E(1%DV); Folate(1%DV52); vit K(5DV%220);  
Calcium(1%DV58); Copper(2%DV180);  
Iron(1%DV33); Magnesium(1%DV51);  
Manganese(2%DV 285);  
Phosphorous(1%DV52); Potassium(3%DV25);  
Selenium (0%DV 151); Zinc(0%DV29);  
Omega3(0%DV -1/75); Omega6(1%DV); Dietary  
Fiber(4%DV74 ); Protein(1%DV52);

**(1) Antioxidants (Good)** [ (**C(3%DV314); Vit**  
**A(94**%DV255); E(**1**%DV); Copper(**2**%DV180);  
Selenium (0%); Zinc(0%DV29)]

**(2) Eye Health (V. Effective)-** [**Vit**  
**A(94**%DV255); C(**3**%DV); Omega3(0%DV  
-1/75)] **Three crucial** nutrients — beta  
carotene, lutein and zeaxanthin —  
within **carrots** considerably boost eye health

## **Carrot (cont'd)**

**(3) Skin Health (V. Effective)-** [E(1%DV); Vit A(94%DV255); B12(0%DV25); B6(2%DV25); Protein(1%DV52); C(3%DV); VitB1(1%DV45); B3(1%DV56); Zinc(0%DV29)] If you have any type of skin infection, cuts, or other wounds, you'll find that carrots and carrot juice benefits your Skin health by increasing your ability to heal faster and to fight infection and noticeable signs of skin inflammation. ■

**(4) Carrot is useful for good ligaments health** [Protein(1%DV52);] **and soothing the pain.**

**Cashew nuts** raw 28gm (الكاجو) (كاجو)

Moderately Alkaline A, Ph NA-**Problem with Cashew** is

[(1) Omega3(1%DV -1/124); Omega6(42%DV)];  
(2) [Sat fat(11%); Total Fat(19%); Calorie(8%DV);]

Vit A(0%DV255); **VitB1(8%DV45);**  
**B2(1%DV120); B3(1%DV56); B5(2%DV18);**  
**B6(6%DV25); B12(0%DV25); C(0%DV314);**  
**E(0%DV37); Folate(2%DV52); vit K(12DV**  
**%220); Calcium(**  
**1%DV58); Copper(RBC+Central Nervous Sys)**  
**(31%DV180); Iron(10%DV33); Magnesium VV**  
**Good(20%DV51); Manganese(23%DV 285);**  
**Phosphorous(17%DV52); Potassium(5%DV25);**  
**Selenium (8%DV 151); Zinc(11%DV29);**  
**Omega3(1%DV -1/124); Omega6(42%DV);**  
**Fiber(4%DV74 ); Protein(10%DV52);**  
**Calorie(8%DV); Sat fat(11%); Total Fat(19%)**  
**Cashew Benefits- (1) Antioxidants(Moderate)**  
**[ (C(0%DV314); Vit A(0%DV255); E(0%DV37);**  
**Copper(31%DV180); Selenium (8%DV 151);**  
**Zinc(11%DV29)]**

## **Cashew nuts(cont'd)**

**(1a) Fight Heart Disease-controls BP(v.strong)**

**[ Magnesium-vv good(20%DV51);**

**Potassium(5%DV25); Fiber(4%DV74)]-**

**(1b) Gallstones** are associated with healthy cholesterol levels; they're caused by hardened cholesterol, a result of too much cholesterol being present within the bile that circulates through the digestive tract. **(1c)** May Help Prevent Colon, Prostate and Liver Cancers

**(2) Magnesium vv good (20%DV51);** Control BP, headaches, fatigue, muscle spasms and migraines at bay.

**(3) Energy (v.strong)** [B12(0%DV25); Magnesium(20%DV51); Iron(10%DV33); Potassium(5%DV25],

**(4) Increase libido and male potency(v.good)**

**- [B6(6%DV25); Protein(10%DV52);**

**Zinc(11%DV29); Vit A(0%DV255); E(0%DV)]**

**(5) Bones (moderate)[Calcium(1%DV58);**

**K(12DV%220); vit D(0%); Copper**

**(31%DV180); Manganese(23%DV 285)]**

30

## Cashew nuts(cont'd)

**(6) Memory-Brain (Moderate)** [B6(6%DV25);  
Folate(2%DV52); B3(1%DV56); B12(0%DV25);  
Manganese(23%DV 285); Omega3(1%DV  
-1/124)]–

**Cashews side effects (1) Weight gain-[Sat  
fat(11%); Total Fat(19%); Calorie(8%DV);] //**  
**(2) Allergy**

**Cauliflower cooked 126gm** (پھول گوبی) (

قرنیٹ) Low alkaline ph 6 –

Vit A(0%DV255); VitB1(4%DV45); B2(4%DV120);  
 B3(2%DV56); B5(6%DV18); **B6(10%DV25);**  
 B12(0%DV25); **C(92%DV);** E(0%DV37);  
**Folate(14%DV52); vit K(22%DV220);** Calcium(2%DV58);  
 Copper(2%DV180); Iron(2%DV33);  
 Magnesium(2%DV51); Manganese(8%DV 285);  
 Phosphorous(4%DV52); Potassium(6%DV25); Selenium  
 (2%DV 151); Zinc(2%DV29); Omega3(3%DV +3);  
 Omega6(1%DV); Dietary Fiber(12%DV74 );  
 Protein(4%DV52); Calorie2%DV

**(1) Antioxidants (Moderate)** [ (**C(92%DV314);**  
 Vit A(0DV255); E(0%DV37); Copper(**2%DV180);**  
 Selenium (**2%**); Zinc(**2%DV29)**]

**(1a) Brain-Memory(v.strong)-[B6(10%DV25);**  
**Folate(14%DV52)** Choline 8%; **B3(3%DV56);**  
**B12(0%DV25); Manganese(8%DV 285);**  
**Omega3(3%DV +3)] Choline** is involved in brain  
 development and the production of neurotransmitters that  
 are necessary for a healthy nervous system. Those who  
 don't consume enough choline may have a higher risk of  
 liver and heart disease, and neurological disorders like  
 dementia and Alzheimer's. Cauliflower is a good source of

## Cauliflower(cont'd)

**choline**, a nutrient many people are lacking. One cup of cauliflower contains 45 mg of choline, which is about 11% of the adequate intake (AI) for women and 8% for men.

Choline is involved in many processes in the body and works to **prevent several diseases**. Those who don't consume enough choline may have a higher risk of **liver and heart disease**, in addition to neurological disorders like dementia and Alzheimer's. To begin with, it plays a major role in maintaining the integrity of cell membranes, synthesizing DNA and supporting metabolism. What's more, it helps prevent cholesterol from accumulating in the liver.)

**(1b) Boosts immunity system- Reduce cancer risk** [C(92%DV); Vit A(0%); E(0%DV); Copper(2%DV180); Zinc(2%DV29); Selenium (2%DV 151)] (2a) Reduce Cancer risk- of breast and reproductive cancers in men (prostate) and women. (2b) Cauliflower is rich in sulforaphane, a plant compound with many beneficial effects, such as reduced risk of **cancer, heart disease and diabetes.**

**(1c) Fights inflammation-**

**(1d) Digestion** [Fiber(12%DV74 );] **and Detoxification-**

**(1e) Detoxification** Certain compounds found in cauliflower- sulforaphane, glucobrassicin, glucoraphanin, and gluconasturtiin- are very useful for helping the body



## Cauliflower(cont'd)

to detox due to how they support liver function.

**(1f)** Cruciferous vegetables(Cauliflower and ) are beneficial for digestion and detoxification because of their rich supply of sulfur containing compounds called glucosinolates, which support proper nutrient absorption and toxin and waste removal.

**(2) Strong Bones(moderate)**[Calcium(2%DV58);  
K(22DV%220]

**(6) Increase libido and male potency(moderate) -**  
[B6(10%DV25); Protein(4%DV52); Zinc(2%DV29); Vit  
A(0%DV255); E(0%DV)]

**Cauliflower Side Effects - No side effects**

**Chicken** breast 50 gm (دجاج) (مرغی کا گوشت) -  
Acidic C ph-NA- (**Purines NA** Hi>400 Lo<100)-

Vit A(0%DV255); **VitB1**(2%DV45);  
**B2**(4%DV120); **B3-good**(36%DV56);  
**B5**(5%DV18); **B6-good**(15%DV25);  
**B12**(3%DV25); C(0%DV314); **E**(1%DV37);  
**Folate**(18%DV52); K(0%DV220);  
Calcium(1%DV58); **Copper**(1%DV180);  
**Iron**(3%DV33); **Magnesium**(4%DV285);  
Manganese(1%DV 285);  
**Phosphorous**(12%DV52); **Potassium**(4%DV25);  
**Selenium** (18%DV 151); **Zinc**(4%DV29);  
Omega3(4%DV -1/8); Omega6(10%DV);  
Fiber(0%DV74 ); **Protein**(30%DV52); carbs(0);  
Calorie(4%DV52); Sat Fat(2%DV); Total  
Fat(3%DV)

**Chicken (1) Anti-Oxidants-(Good)**-[vit C  
(0%DV); vit A(0%DV255); vit **E**(1%DV);  
**Copper**(1%DV180); **Zinc**(4%DV29);  
**Selenium**(18%DV151)]

## **Chicken** (Cont'd)

**(1a) Brain-Memory(v.strong)-[B6-good(15%DV25); Folate(18%DV52); Choline; B3good(36%DV56); B12(3%DV25); Manganese(1%DV 285); Omega3(4%DV -1/8)]**

**(2) Boost energy -(moderate) [B12(3%); Magnesium(4%DV51), Iron(3%DV33), Potassium (4%DV25); Coenzyme Q10(Anti-oxidant); Vit D; Hydration]**

**Chicken (3) Anaemia –(Good) [Iron(3%DV33); C(0%DV314); B12(3%DV25); Folate(18%DV52); Copper(1%DV180); Copper works with iron to help the body form red blood cells]**

**(4) Increase libido and male potency(vv Good) - [B6-good(15%DV25); Protein(30%DV52); Zinc (4%DV29); Vit A(0%DV255); E(1%DV)]**

## **Cinnamon** (دال چینی) 1tbs 8g **Good-**

**(Ranks #3 ORAC 267,536)** Ceylon cinnamon (true cinnamon costly) cassia cinnamon(Korintje or Indonesian and Chinese cheaper variety) The differences in health benefits of these 3 types are minor. //

Vit A(0%DV255); VitB1(0%DV45);  
 B2(0%DV120); B3(1%DV56); B5(0%DV18);  
 B6(1%DV25); B12(0%DV25); C(0%DV314);  
 E(1%DV37); Folate(0%DV52); **vit K(3DV%220);**  
**Calcium(8%DV58);** Copper(1%DV180);  
**Iron(4%DV33);** Magnesium(1%DV51);  
**Manganese(68%DV 285);**  
 Phosphorous(0%DV52); Potassium(1%DV25);  
 Selenium (0%DV 151); Zinc(1  
 %DV29); Omega3(0%DV -1/3);  
 Omega6(0%DV); **Fiber(16%DV74 );**  
 Protein(1%DV52); Calorie(1%DV); Total  
 Fat(0%)

**Cinnamon (1) Antioxidant(good)** [(Vit C 0%DV); [(Vit A 0%DV); (Vit E 1%DV); (Copper 1%DV); (Selenium 0%DV); (Zinc 1%DV)]]

**(1a) Ranks#1 Among herbs** ranks #1 in terms of its protective [anti-inflammatory](#),

**Cinnamon (Cont'd)**

**(1b) Ranks #3 inTop 100 ORAC Value 267,536** best antioxidant. immunity-boosting

**(1c) cancer and (1c) heart disease)**

[ Magnesium(1%DV51); Potassium(1%DV25); Fiber(16%DV74)]-protecting abilities

**(1d) Brain (Strong)-**[ B6(**1%DV25**); Folate(0%DV52); B3(1%DV56); B12(0%); Manganese(**68%DV 285**) Omega(0%DV -1/3);] Nervous[**Manganese(68%DV 285)**; Omega3(0%DV -1/3);]-stops Parkinson and Alzheimer disease

## Cinnamon (Cont'd)

### (2) Arthritis(v. Strong)

[1tbs Honey & ½ teaspoon  
Cinnamon powder before  
breakfast for 1week or even  
upto 1 month whichever is  
earlier to get rid of pain]

Arthritis patients can benefit by taking one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder. When taken daily even chronic arthritis can be cured.

In a recent research conducted at the **Copenhagen University**, it was found that when the doctors treated their patients with a mixture of 1tbs Honey and half teaspoon Cinnamon powder before breakfast, they found that within a **week** (out of the 200 people so treated) practically 73(36%) patients were totally relieved of pain — and within a **month**, most all

## Cinnamon (Cont'd)

the patients who could not walk or move around because of arthritis now started walking without pain

<https://fitlife.tv/18-amazing-health-benefits-from-honey-and-cinnamon/>

### (3) BLADDER INFECTIONS:

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder....who knew?

(3) anti-diabetic, (4) anti-microbial, anti-biotic, anti-viral (5) Skin, (6) anti-allergy,

(7) Teeth(moderate) [Calcium(8%DV58); vit K(3DV%220)] - Cinnamon (6b) Mouth wash  
essential oil of cinnamon

(8) Digestion- Fiber(16%DV74 );

**(9) Cinnamon & Honey**-18 benefits see word file

<https://fitlife.tv/18-amazing-health-benefits-from-honey-and-cinnamon/>

**Cinnamon Side effects.** Cinnamon usually causes **no side effects.** ...

Risks. Very high extremely high quantities of cassia cinnamon(chinese) may be toxic,

particularly in people with liver problems. ..



**Cucumbers (خيار) (كاهيرا)** w/peel 52g Low alkaline  
ph 6 –92% water-

Vit A(1%DV255); VitB1(1%DV45); B2(1%DV120);  
B3(0%DV56); B5(1%DV18); B6(1%DV25);  
B12(0%DV25); C(2%DV); E(0%DV);  
Folate(0%DV52); **vit K(11DV%220)**;  
Calcium(1%DV58); Copper(1%DV180);  
Iron(1%DV33); Magnesium(2%DV51);  
Manganese(2%DV 285); Phosphorous(1%DV52);  
Potassium(2%DV25); Selenium (0%DV 151);  
Zinc(1%DV29); Omega3(0%DV -1/7);  
Omega6(0%DV); Dietary Fiber(1%DV74 );  
Protein(1%DV52); Calorie(0)

**(1) Antioxidants (Poor)** [ **(C(2%DV314)**; Vit A(1%DV255);  
E(0%DV); Copper(**1%DV180**); Selenium (0%); Zinc(**1%DV29**)]

**(1a)** Top 10 super foods **(2)** ranks first in 10  
best anti-inflammatory foods **(2a)** Prophet  
Mohammed S.A.W used to eat dates with  
cucumbers

**(2b)** Because of its cooling properties drinking  
cucumber juice will help lower fever.  
Inflammation

**(3)** contain silica, soothing to the skin put 2  
slices on eyes **(4)** mild diuretics and support the kidneys.

**Dates 120 gm (كھجور) (تمر) – (80/3895)(a)**  
alkaline tonic (b) **Potassium** (25%DV) power  
house

Vit A(5%DV255); VitB1(5%DV45);  
B2(5%DV120); B3(10%DV56); B5(10%DV18);  
B6(15%DV25); B12(0%DV25); C(0%DV314);  
E(0%DV37); Folate(5%DV52); vit K(5%DV220);  
Calcium(10%DV58); Copper(20%DV180);  
Iron(5%DV33); Magnesium(15%DV51);  
Manganese(20%DV 285);  
Phosphorous(5%DV52);  
Potassium(25%DV25); Selenium (0%DV 151);  
Zinc(5%DV29); Omega3(NA%DV NA);  
Omega6(NA%DV); Fiber(30%DV74 ); carbs  
(30%DV); Protein(5%DV52); Calorie(15%DV);  
Sat fat (0%); Total Fat(0%)

**Dates Benefits-(1) Antioxidants–(80/3895)**  
(Good) [vit C (0%DV); vit A(5%DV); vit E(Zero  
%DV); Copper(20%DV); Zinc(5%DV29);  
Selenium(0%DV)] Our Prophet Mohammed  
S.A.W used to eat dates with cucumbers,  
because of its cooling properties drinking  
cucumber juice will help lower fever.

Inflammation

**Dates** (cont'd)**(1a) Brain-Memory-( V. Strong)**

[B6(15%DV25); Folate(5%DV52)Choline;  
B3(10%DV56); B12(0%DV25);  
 Manganese(20%DV 285); Omega3(NA%DV  
-NA); ]

**(1b) Abdominal Cancer Prevent-( Good)****(1c) Stroke reduce risk of stroke-( Good)****(2) Arthritis (inflammation) (vv Strong) only-**

–(80/3895)(a) alkaline tonic; Fiber(30%DV74 );  
Potassium(25%DV25); vit C (0%DV); (Purines  
35 Hi>400 Lo<100); Omega3(NA%DV NA);  
Omega6(NA%DV); Copper(20%DV180)]

**(3) Constipation-Laxative(v Strong)**

[Fiber(30%DV74 )];]

**(4) Treat Sexual Dysfunction (vv Strong)-[(1)**

Vit E(0%); Vit A(5); B12(0); B6(15% );  
Protein(5%DV52); Potassium(25%DV25);  
 VitB1(5%DV45); B3(10%DV56); vit D(0%);  
Calcium(10%DV58); Magnesium(15%DV51);  
Zinc(5%DV29); Selenium (0%DV]

## **Dates** (cont'd)

**(5) Bones**(vv Strong)-[ { **Calcium(10%DV58);**  
**vit K(5%DV220); D(0/50%DV);**

**Copper(20%DV180); Manganese(20%DV 285)]**

**(6) Energy (vv Strong)** [B12(0%DV25);  
**Magnesium(15%DV51); Iron(5%DV33);**  
**Potassium(25%DV25]** Replenish energy and  
revitalize the body instantly. Fights fatigue.

**(7) Anaemia –(Good)** [Iron(5%DV33);  
**C(0%DV314); B12(0%DV25); Folate(5%DV52);**  
**Copper(20%DV180);** Copper works with iron  
to help the body form red blood cells]

**Dates** Side Effects- No Side Effects

**Date fruit allergy** is a rare occurrence. The  
fruits are safe to eat in infants and the pregnant  
woman.

# Nutritious Disease Fighting Foods

## (File 2 of 3) [E – M (49 pages)]

### Daily Value-DV%

Diet Chart based on 2000 calorie DIET for Healthy Adults

It took me 4 months [ 3 hours/day] to compile these 3 files.  
 Compiled By: **Mirza Ehteshamuddin Ahmed**-(Hyderabadi)  
 M.Tech(Chemical Engineer)WA/Ph- 00966-509380704

#### Contents

Name of Fruit / Vegetable / Meat...	Page	Name of Fruit / Vegetable / Meat	Page
Explanation	2	Guava	22
Highest DV%	3	Jaggery	25
( <b>Nutritious Disease Fighting Foods</b> )		Lamb Ground	28
Eggs Large boiled	4	Lamb Liver	31
Fenugreek	7	Lettuce Roman	37
Figs	10	Lima Beans	39
Flax Seeds	15	Melons Cantaloupe	43
Ginger	17	Milk Dry Powder	46
Grapes	19		

### Explanation- Highest-(Right Side value)

#### Example -1

Egg Large 50gm Vit A(5%DV255);  
Eggs boiled have vit A 5%

The right side # 255  
represents some other  
fruit/vegetable has highest  
of vit A 255%DV (SEE  
HIGHEST LIST BELOW)

#### Example -3

Almonds 28gm Vit B2(17%DV120)  
Almonds have vit B2 (17%)

The right side # 120  
represents some other  
fruit/vegetable has highest  
of vit A 120%DV (SEE  
HIGHEST LIST BELOW)

### Explanation- Highest-(Right Side value)

#### Example -2

Almonds 28gm Vit B1(4%DV45)  
Almonds have vit B1 4%DV

The right side # 45  
represents some other  
fruit/vegetable has highest  
of vit B1 45% DV (SEE  
HIGHEST LIST BELOW)

#### Example -4

Almonds 28gm Vit B3(5%DV56)  
Almonds have vit B3 (5%)

The right side # 56  
represents some other  
fruit/vegetable has highest  
of vit B1 45% DV (SEE  
HIGHEST LIST BELOW)

## Highest DV% list (Nutritious Disease Fighting Foods)

**Lamb Liver 50gm** ( بکرے کی کلیجی )

**Vit A(255%DV255)**

**Vit B2(120%DV120)**

**Vit B5(18%DV18)**

**Vit B12(612%DV612)**

**Copper(180%DV180)**

**Cholesterol(85%DV85)**

**Whole Wheat Grain 150gm**  
( جو پھلکے کے ساتھ گیہوں کا آٹا )  
(شعیر)

**Vit B1(45%DV45)**

**Vit B6(25%DV25)**

**Iron(33%DV33)**

**Magnesium(51%DV51)**

**Maganese(285%DV285)**

**Phosphorous(52%DV52)**

**Selenium(151%DV151)**

**Zinc(29%DV29)**

**Fiber(74%DV74)**

**Carbohydrates(36%DV36)**

**Black Eye Bean 100gm**

**Vit B9-Folic A.(52%DV52)**

**Guava 83gm**

## Highest DV% list (Nutritious Disease Fighting Foods)

**Milk Dry Powder Whole milk 64 gm half cup** (دودھ پاؤڈر)

**Calcium(58%DV58)**

**Potassium(25%DV25)**

**Saturated Fat(53%DV53)**

**Almonds 28gm**

**Vit E(37%DV37)**

**Tilapia Fish cooked 100gm**

**Protein(52%DV52)**

**Wheat Flour White 150gm**

**Calories(27%DV27)**

**Turnip Green Cooked 50gm**

**Vit K(220%DV220)**

**Tuna Fish Lt in salt water 85gm**

**Vit B3(56%DV56)**

**Replace corn oil with Olive oil**

**Corn oil 2tbsp 28gm**

**Total Fat(43%DV43)**



**Egg** Large boil 50 gm(انڈا) (بيض)-Choline 27%

**Acidic C ph-NA- (Purines NA Hi>400**

**Lo<100)- Boiled eggs** are a better option than **fried eggs** because they are a bit lower in fat, including the saturated fat that may potentially increase your cholesterol levels.

Vit A(5%DV255); VitB1(2%DV45);

B2(15%DV120); B3 (0%DV56); B5(7%DV18);

B6(3%DV25); B12-good(9%DV25);

C(0%DV314); E(3%DV37); Folate(5%DV52);

K(0%DV220); Calcium(2%DV58);

Copper(0%DV180); Iron(3%DV33);

Magnesium(1%DV285); Manganese(1%DV

285); Phosphorous(9%DV52);

Potassium(2%DV25); Selenium (22%DV 151);

Zinc(4%DV29); Omega3(2%DV -1/15);

Omega6(12%DV); Fiber(0%DV74 );

Protein(13%DV52); carbs(0); Calorie(4%DV52);

Sat Fat(8%DV); Total Fat(8%DV); Cholesterol-

Danger(71%DV85)



## **Eggs** (cont'd)

**(1) Anti-Oxidants-(Good)**-[vit C (0%DV); vit A(5%DV255); vit **E**(3%DV); **Copper**(0%DV180); Zinc(4%DV29); Selenium(22%DV151)]

**(1a) Heart** - In addition to lowering blood triglycerides, eggs have been observed in clinical trials to regulate cholesterol absorption and inflammation in the bloodstream, balancing the ratio of high-density lipoproteins (HDLs) to low-density lipoproteins (LDLs). This also helps lower the risk of coronary heart disease.

**(1b) Choline 27% -Liver function and brain health(Good)** [B6(3%DV25); Folate(5%DV52)Choline; B3(0%DV56); B12-good(9%DV25); Manganese(1%DV 285); Omega3(2%DV -1/15)] - Eggs are a choline-rich (27%) food choice, which means they greatly assist in liver function and brain development, among other features.

**(2) Increase **libido and male potency(Good)** -** [B6(3%DV25); Protein(13%DV52); Zinc (4%DV29); Vit A(5%DV255); **E**(3%DV)]

**Eggs** (cont'd)

**Side Effects-Risk (1)** Heart Attack [Sat

Fat(8%DV); Total Fat(8%DV);

**Cholesterol-Danger(71%DV85);**

Calorie(4%DV52); Protein(13%DV52);] Avoid all

types of Eggs because v.v. high in cholesterol

and fat. **(2)** Diabetes **(3)** Fat **(4)** High Risk Of

**Salmonella: Raw eggs**, including raw albumin,

can be contaminated by **bacteria** **(5)** Cancer **(6)**

Too much protein Protein(13%DV52);

## **Fenugreek Seeds 1tbsp 11g** (میتھی پیلا دانہ) (حلبة)

Vit A(0%DV255); VitB1(2%DV45);  
 B2(2%DV120); B3(1%DV56); B5(0%DV18);  
 B6(3%DV25); B12(0%DV25); C(1%DV);  
 E(0%DV); Folate(2%DV52); vit K(0%DV220);  
 Calcium(2%DV58); Copper(6%DV180);  
**Iron(20%DV33)**; Magnesium(5%DV51);  
 Manganese(7%DV 285);  
 Phosphorous(3%DV52); Potassium(2%DV25);  
 Selenium (1%DV 151); Zinc(2%DV29);  
 Omega3(0%DV ratio NA); Omega6(0%DV);  
**Fiber(11%DV74 )**; **Protein(5%DV52)**; Calorie(2)

### **Fenugreek Seeds (1) Antioxidants (Moderate)**

[ (**C(1%DV314)**; Vit A(0%DV255); E(0%DV);  
 Copper(**6%DV180**); Selenium (**1%**);  
 Zinc(**2%DV29**)]

**(1a)** Lowers blood cholestrol [**Fiber(11%DV74 )**]

Non-starch polysaccharides (NSP) constitute major portion of this fiber content in the fenugreek seeds. Some important NSP's include *saponins, hemicellulose, mucilage, tannin, and pectin*. These compounds help lower blood LDL-cholesterol levels by inhibiting bile salts re-absorption in the colon. // Reduces risk of heart

disease.

8

### Fenugreek (cont'd)

**(1b) Diabetes-(Moderate)** [GL –NA low <10

high>20; Fiber(11%DV74 ); Sat Fat(1%DV);

Total Fat(1%DV); Carb(2%DV); Calorie(2);

Protein(5%DV52)] Controls blood **sugar** levels-

It has been established that amino-acid 4-

**hydroxy isoleucine** in the fenugreek seeds has

facilitator action on insulin secretion. In addition,

fiber [**Fiber(11%DV74)**] in the seeds helps lower

rate of glucose absorption in the intestines, and

thus help regulate blood sugar levels.

Fenugreek seeds are therefore one of the

recommended food ingredients in the **diabetic**

**diet.**

**(1c) Aids digestion** (moderate)[**Fiber(11%DV74**

**)]** and help relieve constipation Non-starch

polysaccharides (NSP) constitute major portion

of this fiber content in the fenugreek seeds.

NSPs increase the bulk of the food and speed

up bowel movements. Altogether, NSPs assist

in smooth digestion and help relieve

constipation ailments. They also bind to toxins in

the food and help to protect the colon mucosa

from cancers. **(1d)** Helps prevent colon cancer

## Fenugreek (cont'd)

**(2) Skin Health (moderate)**- [E(0%DV); Vit A(0%DV255); B12(0%DV25); B6(3%DV25); Protein(5%DV52); C(1%DV); VitB1(2%DV45); B3(1%DV56); Zinc(2%DV29)] .Helps soothe skin inflammation and reduces scars.

Helps treat skin problems

**(3) Increase libido and male potency(moderate)**- - [B6(3%DV25); Protein(5%DV52); Zinc(2%DV29); Vit A(0%DV255); E(0%DV)]

**(4)** Helps counter acid reflux or heartburn

**(5)** Helps you lose weight **Calorie(2)**

**(6)** Remedy for fever and sore throat

**(7)** Increases breast milk production in lactating women

**(8)** Induces and eases child birth

**(9)** Helps reduce menstrual discomfort

**(10)** Helps slightly increase breast size

**(11)** Can help resolve hair problems

**Figs Dry 50gm**(انجیر خشک) (TN Hadith on Arthritis) (85/3,383) **(Ph 6 v.low acidic –C)**

**(Purines 32 Hi>400 Lo<100)**- When dried, the health benefits of figs increase  
 Vit A(0%DV255); **VitB1(3%DV45);**  
**B2(3%DV120); B3(2%DV56); B5(2%DV18);**  
**B6(3%DV25); B12(0%DV25); C(1%DV314);**  
**E(0%DV37); Folate(1%DV52); vit K(10DV**  
**%220); Calcium(8%DV58); Copper(7%DV180);**  
**Iron(6%DV33); Magnesium(9%DV51);**  
**Manganese(13%DV 285);**  
**Phosphorous(4%DV52); Potassium(10%DV25);**  
**Selenium (1%DV 151); Zinc(2%DV29);**  
**Omega3(0%DV -1/170); Omega6(4%DV);**  
**Fiber(20%DV74 ); carbs (11%DV);**  
**Protein(4%DV52); Calorie(6%DV); Sat fat (1%);**  
**Total Fat(1%)**

### **Figs Benefits-Antioxidants see #6**

**(1) Constipation(Good) [Fiber(20%DV74 );]**

**(2) Treat Sexual Dysfunction (Soak 2-3 dry figs in Milk overnight-Figs/Milk)(v.good)-[(1)**

**Vit E(0/1%DV37); Vit A(0/12%DV);**

**B12(0/35%DV); B6(3/9%DV25 );**

**Protein(4/33%DV52); Potassium(10/25%DV25);**

## **Figs Dry(cont'd)**

**VitB1(3/12%DV45); B3(2/12%DV56); vit D(0/50%); Calcium(8/58%DV58); Magnesium(9/13%DV51); Zinc(2/3%DV29); Selenium (1/15%DV]** For centuries, figs have been recommended as a way to reduce sexual dysfunction like sterility, endurance or erectile dysfunction. They have been a major part of mythology and culture, and most of the time are referred as a powerful fertility or sexual supplement. Their actual success as an aphrodisiac is questionable, but the huge amount of valuable vitamins and minerals is probably the reason for the sudden boost in energy and stamina that people mistake for a sexual surge. Soak 2-3 **figs in milk** overnight and eat them in the morning to enhance your sexual abilities.

**(3) Bones(Soak 2-3 dry figs in Milk-Figs/Milk)**

**(v.Good)-**

**[ { Calcium(8/58%DV58); vit K(10/1DV%220); D(0/50%DV)]**



## Figs Dry(cont'd)

**(4) Energy(Good)** [B12(0%DV25);  
Magnesium(9%DV51); Iron(6%DV33);  
Potassium(10%DV25),

**(5) Arthritis (inflammation) Moderate only-**  
[(Ph 6 v.low acidic –C); Fiber(20%DV74 );  
Potassium(10%DV25); vit C (1%DV); (Purines  
32 Hi>400 Lo<100); Omega3(0%DV -1/170);  
Omega6(4%DV); Copper(7%DV180)]

**(6) Antioxidants** (85/3,383) moderate only [vit  
C (1%DV); vit A(0%DV); vit E(Zero%DV);  
Copper(7%DV); Zinc(2%DV29);  
Selenium(1%DV)] **rich in polyphenols**

**(7) Weight loss and Weight gain** The fiber in  
figs helps reduce weight [**Fiber(20%DV74 )**;  
**carbs (11%DV)**; **Calorie(6%DV)**;] and is often  
recommended for obese people. However, their  
high-calorie count{ **Calorie(6%DV)**;] } can also  
result in weight gain, especially when consumed  
with milk.

**(8) Anaemia moderate only** [**Iron(6%DV33)**;  
**Folate(1%DV52)**; **C(1%DV314)**; **B12(0%DV25)**]

## Figs Dry(cont'd)



**Figs side Effects-** Fresh or **dried fig** fruit is **LIKELY SAFE** for most people when used in food amounts.

**(1)** Figs may have a laxative effect in some people. This can help treat constipation, but eating too many figs may cause loose stools or diarrhea. If you find yourself running to the bathroom after eating figs, cut back on your intake.

**(2)** People with diabetes [(**carbs (11%DV)**)] should be cautious when consuming or using figs medicinally, as they have effects on glucose levels in the blood.

# How To Stay Healthy On Fig?

Organic Facts



- **Weight management:** Reduces weight or when consumed with milk helps gain weight
- **Respiratory:** Fig leaves prevent and reduce symptoms of asthmatic patients
- **Vision:** Prevents vision loss caused by macular degeneration
- **Sexual health:** Helps to correct sexual dysfunction
- **Cancer:** Reduces risk of colon cancer
- **Digestion:** Prevents constipation and eliminates diarrhea
- **Calcium:** Avoids urinary calcium loss and strengthens bones
- **Diabetes:** Rich in potassium, regulates sugar absorption in diabetics
- **Heart:** Lowers cholesterol, risk of coronary heart diseases and prevents hypertension

**Nutrients\*:** Dietary Fiber 12%, Carbohydrate 6% | **Vitamins\*:** Vitamin B6 6%, Thiamin 4% | **Minerals\*:** Potassium 7%, Manganese 6%

Precaution: Excess intake of figs may cause diarrhea.

\*% Daily Value per 100g. For e.g. 100g of figs provide 12% of daily requirement of dietary fiber

[www.organicfacts.net](http://www.organicfacts.net)

**Flax Seeds** 5 gm (السی کے بیج) ( بذور الكتان ) (32/19,600); (Low Alkaline –A ph NA)

Vit A(0%DV255); VitB1(4%DV45);  
 B2(0%DV120); **B3(1%DV56); B5(1%DV18);**  
**B6(1%DV25);** B12(0%DV25); C(0%DV314);  
 E(0%DV37); **Folate(1%DV52);** vit K(0DV%220);  
**Calcium(1%DV58); Copper**(RBC+Central  
 Nervous Sys)(3%DV180); **Iron(2%DV33);**  
**Magnesium (5%DV51); Manganese(6%DV**  
 285); Phosphorous(3%DV52);  
**Potassium(1%DV25); Selenium (1%DV 151);**  
**Zinc(2%DV29); Omega3(68%DV +4);**  
 Omega6(6%DV); **Fiber(5%DV74 );**  
**Protein(2%DV52);** Calorie(1%DV); Sat fat(1%);  
 Total Fat(3%)

### **Flax Seeds Benefits- (1) Antioxidants(moderate)**

[ (C(0%DV314); Vit A(0%DV255); E(0%DV37);  
**Copper(3%DV180); Selenium (1%DV 151);**  
**Zinc(2%DV29)]**

**(1a) Eye(Moderate)** [Vit A(0%DV255);  
 C(0%DV314); **Omega3(68%DV +4);**]

**(1b) Heart Health (Moderate)**[

**Magnesium(6%DV51); Potassium(1%DV25);**  
**Fiber(5%DV74)]** **(1c) Diabetes**

## **Flax Seeds** (cont'd)

**(2) Libido (poor)-** [B6(1%DV25);  
Protein(2%DV52); Zinc(2%DV29); Vit  
A(0%DV255); E(0%DV)]

**(3) Brain-Memory-( Moderate)** [B6(1%DV25);  
Folate(1%DV52)Choline; B3(1%DV56);  
B12(0%DV25); Manganese(6%DV 285);  
Omega3(68%DV +4);]

**(4) Skin and Hair-( Moderate)** [E(0%DV37);  
Vit A(0%DV255); B12(0%DV25); B6(1%DV25);  
Protein(2%DV52); C(0%DV314);  
VitB1(4%DV45); B3(1%DV56); Zinc(2%DV29)]

## **Flax seeds side effects**

Flaxseed is **LIKELY SAFE** for most adults when taken by **mouth**. Adding flaxseed to the diet might increase the number of **bowel movements** each day. It might also cause **gastrointestinal (GI)** side effects such as **bloating, gas, abdominal pain, constipation, diarrhea, stomachache, and nausea.**

**Ginger** 1tbs 4g (ادرك) (زنجبيل) (G.Ground23/28,811)  
 // (G.Root raw38/14840  
Vit A ..... etc all zero Omega3(0%DV -1/2);  
 Omega6(0%DV);

## **Ginger Benefits - (1) Anti Oxidants-Nil**

**(1a) Stroke and Heart Disease- .**

**(2) Bacterial Infections**-The *Journal of Microbiology and Antimicrobials* published a study in 2011 that tested just how effective ginger is in enhancing immune function.

Comparing the ability of ginger to kill *Staphylococcus aureus* and *Streptococcus pyogenes* with conventional antibiotics, Nigerian researchers discovered that the natural solution won every time!

**(3) Pain relieving**-Ginger is known for its anti-pain property.

**(4) Arthritis**-In a study on the effects of ginger on osteoarthritis, researchers found that the ginger extract group experienced higher rates of reduction in knee pain on standing (63 percent) as compared with the control group (50 percent).

## Ginger(cont'd)

Further analysis showed a consistently superior response in the ginger extract group compared with the control group, when analyzing reduction in knee pain on standing, reduction in knee pain after walking and reduction in the Western Ontario and McMaster Universities osteoarthritis composite index

**Ginger Side effects –SAFE but if consumed large quantities** Some people can have mild side effects including heartburn, diarrhea, and general stomach discomfort. Some women have reported extra menstrual bleeding while taking ginger. **(Ginger avoid-1) Breast-feeding:** There is not enough reliable information about the safety of taking ginger if you are breast feeding. Stay on the safe side and avoid use.

**(Ginger avoid-2) Bleeding disorders:** Taking ginger might increase your risk of bleeding.

**(Ginger avoid-3) Diabetes:** Ginger might increase your insulin levels and/or lower your blood sugar. As a result, your diabetes medications might need to be adjusted by your healthcare provider.

**(Ginger avoid-4) Heart conditions:** High doses of ginger might worsen some heart conditions.

\* **Grapes** Red/G 151gm (انگور) (عنب) (100/2,377) (Alkaline A, PH 4);(Purine NA)  
 Vit A(2%DV255); **B1(7%DV45)**; **B2(8%DV120)**;  
**B3(1%DV56)**; **B5(1%DV18)**; **B6(6%DV25)**;  
 B12(0%DV25); **C(27%DV314)**; E(1%DV37);  
**Folate(1%DV52)**; **K(28%DV220)**;  
 Calcium(2%DV58); **Copper(10%DV180)**;  
 Iron(**3%DV33**); **Magnesium(3%DV51)**;  
 Manganese(**5%DV 285**);  
 Phosphorous(3%DV52); **Potassium(8%DV25)**;  
 Selenium (0%DV 151); **Zinc(1%DV29)**;  
 Omega3(1%DV -1/3); Omega6(1%DV);  
**Fiber(5%DV74 )**; Protein(**2%DV52**);  
 Calorie(3%DV52); Carbs(\*9%); Sat Fat(0%);  
 Total Fat(0%);

**Green grapes are better than red grapes**

**Grapes Red/G (1) Antioxidants(Good)**

**(100/2,377)** [vit C (**27%DV**); vit A(**2%DV**);  
 E(1%DV); **Copper(10%DV)**; Zinc(**1%DV**);  
 Selenium(0%DV)] Phytonutrients

**(1a) BP(moderate) [ Magnesium(3%DV51);**  
**Potassium(8%DV25); Fiber(5%DV74)]-**



## Grapes(cont'd)

### (1b) Brain-Memory-( V. Strong)

[B6(6%DV25); Folate(1%DV52)Choline;  
B3(1%DV56); B12(0%DV25);  
Manganese(5%DV 285); Omega3(1%DV -1/3)]

(1c) Diabetes-(Moderate) [GL 11 low <10  
high>20; Fiber(5%DV74 ); Sat Fat(0%DV);  
Total Fat(0%DV); Carb((\*9%DV); Calorie(3);  
Protein(2%DV52

(1d) Laxative-(Moderate) [Fiber(5%DV74 )]

(2) Boost energy -(moderate) [B12(0%);  
Magnesium(3%DV51), Iron(3%DV33),  
Potassium (8%DV25); (5) Coenzyme Q10(Anti-  
oxidant) (6)Vit D, (7) Hydration]

(3) Anaemia -(moderate) [Iron(3%DV33);  
C(27%DV314); B12(0%DV25);  
Folate(1%DV52); Copper(10%DV180);  
Copper works with iron to help the body form  
red blood cells]



## **Grapes(cont'd)**

**(4) Antimicrobial Benefits-** Numerous grape phytonutrients have been shown to have antimicrobial properties. These phytonutrients range from common flavonoids like quercetin to less common stilbenes like piceatannol and resveratrol.

**Grapes Side Effects-** **(1)Pesticides**  
**(2) Carbohydrate** Overload: [Carb>(\*9%DV)]  
Carbohydrates turn into glucose in our body.  
**(3) Head ache.**

**Guava** 83gm-(جوافة) (امرود جام) (98/2,550)

**Benefits** – low acidic –C PH NA; Purines NA

Vit A(11%DV255); VitB1(4%DV45);

B2(5%DV120); B3(5%DV56); B5(4%DV18);

B6(5%DV25); B12(0%DV25);

C-King(314%DV314); E(0%DV37);

Folate(10%DV52); K(3%DV220);

Calcium(2%DV58); Copper(10%DV180);

Iron(1%DV33); Magnesium(5%DV51);

Manganese(6%DV 285);

Phosphorous(4%DV52); Potassium(10%DV25);

Selenium (1%DV 151); Zinc(2%DV29);

Omega3(6%DV -1/3); Omega6(5%DV);

Fiber(18%DV74 ); Protein(4%DV52);

Calorie(3%DV52);

**Guava(1) Antioxidants(v Strong)** (98/2,550) [vit C (314%DV); vit A(11%DV); vit E(Zero%DV);

**Copper**(10%DV); **Zinc**(2%DV);

**Selenium**(1%DV)] Rich in **carotenoids** and **polyphenols**.

**(1a) Boosts the Immune System(vv Strong)-**

Surprisingly, a serving of guava provides

Vit **C-King**(314%DV314);

## Guava(cont'd)

(1b) BP-[ (1a) Lower Your Heart Attack Risk-  
(Very effective V. Strong) (BP)[  
Magnesium(5%DV51); Potassium(10%DV25);  
Fiber(18%DV74] Guava fruit has been proven to  
 naturally lower blood pressure and blood lipids.  
 In fact, potassium is crucial for healthy heart  
 function. It also plays a part in reducing kidney  
 stones, risk of stroke and bone loss.

(1c) Prevent and Treat Cancer(v. Strong)-  
 Lycopene is also a powerful antioxidant, One  
 serving provides over half of your daily supply of  
 lycopene.

(1d) Anti-inflammatory(v. Good)  
[Copper(10%DV)] and analgesic properties

(1e) Eyes- (v. Good)[Vit A(11%DV255;  
vit C-King(314%DV314); Omega3(6%DV -1/3)]

## **Guava**(cont'd)

**(1f) Diabetes friendly** -Due to the rich fibre(**18%DV**) content and low glycaemic index (GI-NA) guavas prevent the development of Diabetes.

**(2) Constipation(v. Good)**-It is one of the richest sources of **fiber(18%DV)**.

**(3)Brain-Memory Health(V.Good)**- [vit B6(**5%DV**25); B9 **Folate(10%DV**52), B3(**5%DV**56); B12(0%); Manganese(**6%DV** 285); Omega3(**6%DV** -1/3) glucose level, oxygen supply], tremendous benefit of guava is Vit B3 can increase blood flow and stimulates cognitive function, whereas vitamin B6 is a great nutrient for brain and nerve function. Eating guava can help relax the nerves and enhance concentration.

**Guava Side Effects**- No Side Effects

**Jaggery** 30 gm(كُجَّرِيَّة) (الحرفيه) ph NA, Purines NA;  
 Vit A(0%DV255); VitB1(0%DV45);  
 B2(0%DV120); B3(3%DV56); B5(3%DV18);  
 B6(6%DV25); B12(0%DV25); C(0%DV314);  
 E(0%DV37); Folate(0%DV52); vit K(0DV%220);  
Calcium(1%DV58); Copper(0%DV180);  
Iron(3%DV33); Magnesium(10%DV51);  
 Manganese(0%DV 285);  
 Phosphorous(0%DV52); Potassium(3%DV25);  
 Selenium (0%DV 151); Zinc(0%DV29);  
 Omega3(NA%DV -NA); Omega6(NA%DV);  
 Fiber(0%DV74 ); carbs (10%DV);  
 Protein(0%DV52); Calorie(6%DV); Sat fat (0%);  
 Total Fat(0%)

**Jaggery Benefits-Antioxidants (Poor) see(5)**  
 [vit C ..... all zero]

**(1) Boost energy -(Very effective V. Strong)**  
 [B12(0%); Magnesium(10%DV51),

Iron(3%DV33), Potassium (3%DV25); (5)

Coenzyme Q10(Anti-oxidant) (6)Vit D, (7)

Hydration] which in turn helps in relieving **fatigue**  
 along with **relaxation of muscles, nerves and**  
**blood vessels.**

## Jaggery (cont'd)

**(2) Prostate (good)**-It keeps your body **warm** and is great to ward off common cold and cough

**(3) Anaemia –(moderate)** [**Iron(3% DV33); C(0% DV314); B12(0% DV25); Folate(0% DV52); Copper(0% DV180)**]

**(4a) Dust Cleaner –(moderate)** Jaggery is used to treat problems such as **dry cough, cold and asthma**. Jaggery is a very good cleansing agent, that pulls out dust and unwanted particles from the body. It cleans the respiratory tracts, lungs, stomach intestines and food pipe. It is for this reason that the jaggery consumption is recommended to people working in heavily **polluted areas** like coal mines or paint factories.

**(5) Antioxidants (Poor)** see() [**vit C ..... all zero**]

## Jaggery (cont'd)

**Jaggery side Effects-** Consuming high amount of jaggery for a long time can lead to

- (1) **increase in weight**. If not consumed in moderation, it may lead to
- (2) increase in **blood sugar levels**. Consuming jaggery for a long period can result in
- (3) **intestinal worm infestation** and parasitic infections.

**Lamb ground cooked 50 gm** (بکرے کا گوشت) ( غنم ) – (Low Acidic -C ph-NA)- (Purines NA Hi>400 Lo<100)-

2 problems with meat is that (1) it elevates levels of arachidonic acid in your body, and that, in turn, increases inflammation.

(2) Fat [Sat Fat(21%DV); Total Fat(7%DV)]

Vit A(0%DV255); **VitB1(3%DV45);**  
**B2(8%DV120); B3(17%DV56); B5(3%DV18);**  
**B6(3%DV25); B12(23%DV25);** C(0%DV314);  
 E(0%DV37); **Folate(3%DV52); K(3%DV220);**  
**Calcium(2%DV58); Copper(4%DV180);**  
**Iron(5%DV33); Magnesium(1%DV285);**  
 Manganese(1%DV 285);  
**Phosphorous(12%DV52); Potassium(3%DV25);**  
**Selenium (23%DV 151);**  
**Zinc- Good(15%DV29);** Omega3(48%DV -1/4);  
 Omega6(67%DV); Fiber(0%DV74 ); **Protein-**  
**Power House(18%DV52);** carbs(1);  
 Calorie(16%DV52); Sat Fat(21%DV); Total  
 Fat(7%DV); Cholesterol (13%DV 85)



## **Lamb Ground(cont'd)**

**Anti-Oxidants-(Strong)**-[vit C (0%DV); vit A(0%DV255); vit E(0%DV); **Copper(4%DV180)**; **Zinc -Good(15%DV29)**; **Selenium(23%DV151)**]

**(1a) Brain-Memory(v.Good)**-[**B6(3%DV25)**; **Folate(3%DV52)**; **B3(17%DV56)**; **B12(23%DV25)**; Manganese(**1%DV 285**); Omega3(48%DV -1/4)]

**(2) Anaemia –(V. Effective)** [Iron(**5%DV33**); C(0%DV314); **B12(23%DV25)**; **Folate(3%DV52)**; **Copper(4%DV180)**]

**(3) Boost energy -(Good)** [**B12(23%)**; Magnesium(**1%DV51**), **Iron(5%DV33)**, Potassium (**3%DV25**); (5) Coenzyme Q10(Anti-oxidant) (6)Vit D, (7) Hydration]

**(4) Increase libido and male potency(v Strong)** - [**B6(3%DV25)**; **Protein(18%DV52)**; **Zinc- Good(15%DV29)**; Vit A(0%DV255); E(0%DV)]

**Lamb Side Effects**-If you experience a stuffy nose, a runny nose, feel nauseous or suddenly have a rash after consuming lamb, then it's possible that you're allergic to lamb.

Lamb **Liver** 50 gm (بکرے کی کلیجی) (Acidic or alkaline -NA ph-NA)- (**Purines NA** Hi>400 Lo<100)-

How much & how often liver to Eat? A good goal is to aim for about 100–200 grams of liver per week, partially eaten several times per week. But total could be 100-200 gms / week. Liver is usually safe for children to eat starting at around 6 months old. Keep in mind that for both children and adults, only small servings of organ meats are needed, so more is not always better.

Vit A-King(255% DV255); VitB1(8% DV45); B2-King(120% DV120); B3-Good(30% DV56); B5-King(18% DV18); B6-Good(12% DV25); B12-King(612% DV612); C(0% DV314); E(0% DV37); Folate(9% DV52); K(0% DV220); Calcium(0% DV58); Copper-King(180% DV180); Iron(22% DV33); Magnesium(3% DV285); Manganese(13% DV 285); Phosphorous(21% DV52); Potassium(3% DV25); Selenium –v Good(75% DV 151); Zinc- V. Good(25% DV29); Omega3(24% DV -1/5); Omega6(40% DV); Fiber(0% DV74 ); **Lamb**

**Liver** (cont'd)

Protein(30%DV52); carbs(1); Calorie(6%DV52); Sat Fat(9%DV); Total Fat(7%DV)

**Lamb Liver (1) Anti-Oxidants-(vvv. Strong)-**

[vit C (0%DV); Vit A-King(255%DV255); vit E(0%DV); Copper-King(180%DV180); Zinc – v.Good(25%DV29); Selenium-v. Good(75%DV151)]

**(1a) Brain-Memory(vvv Strong)-**[ B6-Good(12%DV25); Folate(9%DV52); B3-Good(30%DV56); B12-King(612%DV612); Manganese(13%DV 285); Omega3(24%DV -1/5)]

**(1b) Eyes- (v Strong)**( Vit A-King(255%DV255); C(0%DV314); Omega3(24%DV -1/5)] What's important about the vitamin A found in liver is that it's the active form (also called retinol), which only comes from animal-derived foods. Active, or preformed, vitamin A can be used directly by the body and does not need to first be converted like plant-based vitamin A (called carotenoids). The beta-carotene found in greens

## **Lamb Liver** (cont'd)

and other plants is NOT actually vitamin A- it is a preformed version of which only an average of 8% is converted for use in the body. Active vitamin A is thus only found in high quality foods of **animal origin**.

(1c) Natural Cancer treatment protocol- **Liver Plays a Prominent Role in Disease-Fighting Gerson (German Scientist) Therapy**. Gerson had his patients drink 13 glasses of vegetable juice a day, eat raw veggies, and have beef liver or liver juice

(1d) Heart + Digestive diseases protocol- Gerson had his patients drink 13 glasses of vegetable juice a day, eat raw veggies, and have beef liver or liver juice

**(2) Boost energy -(vvv Strong) [B12-King(612%DV612); Magnesium(**3%DV51**), **Iron(22%DV33)**, Potassium (**3%DV25**); (5) Coenzyme Q10(Anti-oxidant) (6)Vit D, (7) Hydration]**

## **Lamb Liver** (cont'd)

**(3) Anaemia** –(**vvv Effective**) [**Iron**(22%DV33); **C**(0%DV314); **B12-King**(612%DV612); **Folate**(9%DV52); **Copper-King**(180%DV180)]  
liver is one of the best foods to consume

**(4) Skin Health** (**V. Effective**)- [**E**(0%DV); **Vit A-King**(255%DV255); **B12-King**(612%DV612); **B6-Good**(12%DV25); **Protein**(30%DV52); **C**(0%DV); **VitB1**(8%DV45); **B3-Good**(30%DV56); **Zinc- V. Good**(25%DV29);

**(5) Increase libido and male potency and women fertility**(**vvv Strong**) - [**B6-Good**(12%DV25); **Protein**(30%DV52); **Zinc-v.Good**(25%DV29); **Vit A-King**(255%DV255); **E**(0%DV)]

**(6) Thyroid** (**vv Strong**) [**VitB1**(8%DV45); **B2-King**(120%DV120); **B3-Good**(30%DV56); **B5-King**(18%DV18); **B6-Good**(12%DV25); **B12-King**(612%DV612); **Iron**(22%DV33);]

## **Lamb Liver** (cont'd)

(7) Detoxification and Supporting Liver Function

(8) Maintenance of muscle mass, which is especially important as we age.

### **Side Effects- Lamb Liver**

No side Effects

(1) Bone Fractures- According to Professor Peter Aggett of the U.K.'s Scientific Advisory Committee on Nutrition, eating too much liver can interfere with your bone density and contribute to fractures because of its high vitamin A content.

**Liver →** Located in the upper-right portion of the abdominal cavity under the diaphragm and to the right of the stomach, the liver consists of four lobes. It receives about 1.5 liters of blood every minute via the **hepatic artery** and **portal vein**. **The liver is a key player in your body's digestive**

## **system. What is the purpose of liver or what it does?**

A healthy **liver** does the following: (1)

The liver secretes chemicals—because it produces **bile**, a substance needed to digest fats. Bile's salts break up fat into smaller pieces so it can be absorbed more easily in the small intestine. It processes most of the **nutrients** absorbed by the **intestines** during digestion and converts those nutrients into forms that can be used by the body. The **liver** also stores some nutrients, such as **vitamin A, iron, and other minerals**.

- (2) Converts stored sugar to functional sugar when the body's sugar (glucose) levels fall below normal. It regulates the composition of **blood**, including the amounts of sugar (glucose), protein, and fat that enter the bloodstream.
- (3) It removes **bilirubin, ammonia**, and other toxins from the blood. (Bilirubin is a by-product of the breakdown of **hemoglobin** from red **blood cells** RBC.) Destroys old red blood cells (called RBC's) Detoxifies the blood to rid it of harmful substances such as alcohol and drugs. Breaks down hemoglobin as well as insulin and other hormones. It breaks down (metabolizes) alcohol and many drugs.
- (4) It produces **cholesterol** and certain important proteins, such as albumin.
- (5) It produces clotting factors, chemicals needed to help **blood clot**, heals wounds.
- (6) Converts ammonia to urea, which is vital in metabolism

The destruction of old red blood cells produces waste that gives fecal matter its usual brown color. Discoloration of stool — or darkened urine — could signal the onset of problems within the liver, such as viral hepatitis. Another common sign of liver problems is jaundice, the yellowing of the skin and eyes due to the buildup of bilirubin, a waste product of normal hemoglobin breakdown.// **Liver- The liver depends on choline to operate correctly**, and one sign of a choline deficiency is poor liver function

## **Common liver**

**diseases** (1) Hepatitis infection

(2) Fatty liver disease (3) cancer

## **Liver damages due**

**to** (1) alcohol, (2) the pain reliever acetaminophen (Tylenol), and (3) some cancer drugs (4) **Hepatitis A** from eating or

**drinking water** that's got the virus that causes the disease. You can get a **vaccine** if you're traveling to a part of the world where there are outbreaks. **Hepatitis B** and C are spread through **blood and body fluids**. To cut your risk, don't share items like **toothbrushes**, razors, or needles.

## **How to self clean**

## **Liver (Detoxification)**

**(1) Radish Juice** (مولی) clears toxins of kidney, liver, gallbladder

**(2) Eating or drinking grapefruit juice** can help your liver flush out carcinogens and toxins as it contains **glutathione, vitamin C** and antioxidants.

**(3) Tomatoes, Spinach** : They have abundant amounts of Glutathione which again, are a great detoxifier

**(4) Turmeric**: Turmeric is the liver's favorite spice and helps boost liver detox. It does this by assisting enzymes that actively flush out dietary carcinogens.

**(5) Cabbage, broccoli and cauliflower**

**(6) Citrous fruits** Lemon, Orange Compiled by :

Whats App +966509380704

Mirza Ehteshamuddin Ahmed More than 100 books and articles/audios on (1) islam (2) Health or write to <http://muslimislambooks.blogspot.com>



**Lettuce** Romain-2leaves =12 g ( ( سلاط کا پتہ ) )

(Lettuce Red 99/2,380) (خس)

**Vit A(25%DV255);** VitB1(0%DV45);  
 B2(0%DV120); B3(0%DV56); B5(0%DV18);  
 B6(0%DV25); B12(0%DV25); **C(5%DV314);**  
 E(0%DV37); **Folate(6%DV52); vit K(18DV**  
**%220);** Calcium(0%DV58); Copper(0%DV180);  
 Iron(1%DV33); Magnesium(0%DV51);  
 Manganese(1%DV 285);  
 Phosphorous(0%DV52); Potassium(1%DV25);  
 Selenium (0%DV 151); Zinc(0%DV29);  
 Omega3(1%DV +3); Omega6(0%DV);  
 Fiber(1%DV74 ); Protein(0%DV52);  
 Calorie(0%DV)

**Lettuce Romain** Benefits-**(1)Anti-Oxidants** –  
 (Strong) [**Vit C(5%DV314); (phytonutrients) Vit**  
**A(25%DV255); Vit E(0%DV37); Copper**  
 (0%DV180); Selenium (0%DV151);  
 Zinc(0%DV29)]

**(1a) Lung cancers**- It is rich in various phyto-  
 nutrients. Lettuce is also known to be an  
 excellent source of beta – carotene, vitamin A  
**Vit A(25%DV255);** and flavonoids that help in

**Lettuce** (Cont'd)

protecting the body from oral cavity as well as lung cancers.

**(1b) Alzheimer's disease-[Folate(6%DV52); B6(0%DV25); B12(0%DV25)]** It is also used in the treatment of **Alzheimer's disease**, as it minimizes the neuronal damage in the brain of the patient.

**(2) Eye Health (V. Effective)-[ A(25%DV255; C(5%DV314); Omega3(1%DV +3)]**

**Lima**/White beans 100gm (ليما سفيد بيج)  
 (الفاصوليا البيضاء ليما) –**Legume (Lentils 57 / 7,282 )**

Vit A(0%DV255); **VitB1(10%DV45);**  
 B2(**3%DV120**); B3(**2%DV56**); **B5(4%DV18);**  
**B6(8%DV25);** B12(0%DV25); C(0%DV314);  
 E(**1%DV37**); **Folate(20%DV52);**  
 Calcium(**2%DV58**); Copper(**11%DV180**);  
**Iron(13%DV33); Magnesium(10%DV51);**  
 Manganese(**25%DV 285**);  
 Phosphorous(11%DV52);  
**Potassium(14%DV25);** Selenium (**6%DV 151**);  
**Zinc(6%DV29); Omega3(6%DV -1/2);**  
 Omega6(4%DV); **Dietary Fiber(27%DV74 )**;  
**Protein(15%DV52);** Calories(6%DV); Sat  
 Fat(1%DV); Total Fat(1%DV);

(1) The Best Way to Eat Legumes- Sprouting- is a process that involves soaking legumes between eight to 24 hours and then straining them and leaving them out to sprout. Not only does sprouting help slash phytic acid, but it can also boost the amount of other beneficial nutrients.

Lima/White beans(cont'd)

One 2015 study showed that sprouting cowpeas reduced phytic acid by four to 16 times. It also increased the amount of protein by 9 percent to 12 percent, increased vitamin C by four to 38 times and improved protein digestibility by 8 percent to 20 percent.

**(2) Antioxidants-Moderate (Lentils 57 / 7,282 )**

[vit C (0%DV); vit A(0%DV); vit **E(1%DV)**;  
**Copper(11%DV180)**; **Zinc(6%DV29)**;  
 Selenium(**6%DV**)]

**(2a) Lower Your Heart Attack Risk-(Very effective V. Strong) (BP)**

[ **Magnesium(10%DV51)**;  
**Potassium(14%DV25)**;]-Research on 16,000 people for 25 years 7 countries concluded “the risk of death from heart disease, they found that higher consumption of legumes was associated with a whopping 82% reduction in risk”

Research on 10,000 American High fiber(**27%DV74**)eaters conclude 12% Reduction.

41

**Lima**/White beans(cont'd)

**(2b) Brain-Memory-(Very effective V. Strong)** [**B6(8%DV25); Folate(20%DV52); B12(0%DV25); Manganese(25%DV 285); Omega3(6%DV -1/2); ]**

**(2c) Digestion -(Very effective V. Strong)**  
[Dietary Fiber(**27%DV74**)]

**(3) Boost energy -(Very effective V. Strong)** [**B12(0%); Magnesium(10%DV51), Iron(13%DV33), Potassium (14%DV25); (5) Coenzyme Q10(Anti-oxidant) (6)Vit D, (7) Hydration]**

**(4) Anaemia -(V. Effective)** [**Iron(13%DV33); C(0%DV314); B12(0%DV25); Folate(20%DV52); Copper(11%DV180);**  
**Copper** works with iron to help the body form red blood cells]

**(5) Digestion- -(V. Effective)**  
**Fiber(27%DV74 );**

**(6) Weight Loss- -(V. Effective)**

**[Fiber(27%DV74 ); Protein(15%DV52)]**

Not only are legumes high in fiber and protein,  
**42**

**Lima/White beans(cont'd)**

both of which can help promote satiety and ward off hunger,

**(7) Potency - (Effective)** [E(1%DV37); Vit A(0%DV); B12(0%DV); **B6(8%DV25); Protein(15%DV52); Potassium(14%DV25); VitB1(10%DV45); B3(2%DV56); Vit D (0%) Calcium(2%DV58); Magnesium(10%DV51); Zinc(6%DV29); Selenium (6%DV 151);]**

**Lima Beans Side Effects – NIL (Avoid-1)**

**Phytic Acid-** Can cause nutrient deficiencies.

The most prevalent antinutrient found in legumes is phytic acid, the major storage form of phosphorus, which is found in foods like cereals, legumes and nuts. The problem is that phytic acid can bind to and prevent the absorption of certain minerals, including iron, zinc calcium, magnesium and manganese.

Over time, this can cause nutrient deficiencies for individuals who frequently eat legumes. However, keep in mind that this is much more likely to affect vegetarians than meat eaters. In fact, nutrient deficiencies as a result

of phytic acid really only affect those with a diet composed mostly of cereals, legumes & grains.

## **Melons-Cantaloupe 225gm (خربوزه) (شمام)**

(Alkaline-ph NA) 92% water foods - (Purines 73Hi>400 Lo<100)-

Vit **A**(149%DV255); **VitB1**(6%DV45);  
**B2**(3%DV120); **B3**(9%DV56); **B5**(3%DV18);  
**B6**(8%DV25); **B12**(0%DV25); **C**(135%DV314);  
**E**(1%DV37); **Folate**(12%DV52); **K**(7%DV220);  
 Calcium(2%DV58); **Copper**(5%DV180);  
**Iron**(3%DV33); **Magnesium**(7%DV285);  
**Manganese**(4%DV 285);  
**Phosphorous**(4%DV52); **Potassium**(17%DV25);  
**Selenium** (2%DV 151); **Zinc**(3%DV29);  
**Omega3**(6%DV +2); **Omega6**(2%DV);  
**Fiber**(8%DV74 ); **Carbs**(7%DV37);  
**Protein**(4%DV52); **Calorie**(4%DV52); **Sat fat**  
 (1%DV); **Total Fat**(1%DV)

## **Melons-Cantaloupe Benefits(1) Anti-**

**Oxidants(vv Strong)**-[vit **C** (135%DV); vit  
**A**(149%DV255); vit **E**(1%DV);

**Copper**(5%DV180); **Zinc**(3%DV29);

**Selenium**(2%DV151)] Cantaloupe contains a variety of anti-inflammatory phytonutrients like choline, which reduces chronic inflammation



## **Melons** (cont'd)

### **Cantaloupe (1a) Eye (vv Strong)**[Vit

A(149%DV255); C(135%DV314);

Omega3(6%DV +2);]-beta carotene, Vitamin A, vit C, lutein, and zeaxanthin.

**(1b) Fights Many types of Cancers** with Powerful Phytochemicals-(Strong)preventing colon, prostate, breast, endometrial, lung, and pancreatic cancer.

### **(1c) Digestion-IBS** **-(moderate)**

[Fiber(8%DV74)] Cantaloupe is an especially hydrating fruit, very high in water

**(2) Help Lose Weight makes** [Carbs(7%); Protein(4%DV52); Calorie(4%DV); Sat Fat(1%); Total Fat(1%) ]

**(3) Helps the Body to Detox (Good)-**

[Potassium(17%DV25)] Cantaloupe nutrition is again rich with electrolytes[[Calcium, Potassium, Magnesium, Sodium, Chloride, bicarbonates ]] which also help the body to **detox** and rid itself of excess water and fluids. Potassium acts as an electrolyte and promotes blood flow and hydration levels within the body, and allows

## **Melons** (cont'd)

oxygen to reach your cells.

**Cantaloupe-Melon-Side Effects- No side effects**-Cantaloupes are rarely allergenic

## **Milk Dry Powdered whole 64g-half cup)-**

(حلیب صافی کامل دسم) (دودھ کا پاؤڈر) (ph –C)

**(Purines-NA Hi>400 Lo<100)problem** with Milk is carbs (8\*%DV36); Calorie(16%DV); Sat fat (53%); Total Fat(27%)

Vit A(12%DV255); B1(12%DV45);  
B2(45%DV120); B3(2%DV56); B5(15%DV18);  
B6(9%DV25); B12(35%DV25); C(9%DV314);  
E(1%DV37); Folate(6%DV52); K(1DV%220);  
Calcium- King(58%DV58); Copper(2%DV180);  
Iron(1%DV33); Magnesium(13%DV51);  
Manganese(1%DV 285); Phosphorous-  
King(50%DV52); Potassium-King(25%DV25);  
Selenium (15%DV 151); Zinc(15%DV29);  
Omega3(8%DV -1/2); Omega6(6%DV);  
Fiber(zero%DV74 ); carbs (8\*%DV36);  
Protein(33%DV52); Calorie(16%DV); Sat fat  
 (53%); Total Fat(27%)

**Milk (1) Antioxidants (vv Strong) [vit C**  
(9%DV); vit A(12%DV); vit E(1%DV);  
**Copper**(2%DV); **Zinc**(15%DV29);  
Selenium(15%DV)]

## **Milk (cont'd)**

**(1a) Lower Your Heart Attack Risk-(Very effective V. Strong) (BP)[**  
**Magnesium(13%DV51); Potassium-**  
**King(25%DV25); Fiber(0%DV74)]-Diabetes**

**(1b) Brain-Memory-(Good) [B6(9%DV25);**  
**Folate(6%DV52); B3(2%DV56);**  
**B12(35%DV25); Manganese(1%DV 285);**  
**Omega3(8%DV -1/2)]**

**(2) Bones(V.Strong)[Calcium- King(58%DV58);**  
**vit K(1DV%220; Copper(2%DV180) ]**

**(3) Milk+Figs(soak in Milk)-Treat Sexual**  
**Dysfunction (Soak 2-3 dry figs in Milk**  
**overnight-Figs/Milk)-[(1) Vit E(1/0%DV37); Vit**  
**A(12/0%DV); B12(35/0%DV); B6(9/3%DV25 );**  
**Protein(33/4%DV52); Potassium-**  
**King(25/10%DV25); VitB1(12/3%DV45);**  
**B3(12/2%DV56); vit D(50/0%); Calcium-**  
**King(58/8%DV58); Magnesium(13/9%DV51);**  
**Zinc(3/2%DV29); Selenium (15/1%DV]** For  
 centuries, figs have been recommended as a  
 way to reduce sexual dysfunction like sterility,

## Milk (cont'd)

endurance or erectile dysfunction. They have been a major part of mythology and culture, and most of the time are referred as a powerful fertility or sexual supplement. Their actual success as an aphrodisiac is questionable, but the huge amount of valuable vitamins and minerals is probably the reason for the sudden boost in energy and stamina that people mistake for a sexual surge. Soak 2-3 **figs in milk** overnight and eat them in the morning to enhance your sexual abilities.

**(4) Milk-Arthritis (V.Strong) (ph –C Low Acidic)**[Fiber(0%DV74 ); Potassium-King(25/10%DV25); Vit C(9%DV314); Purines(NA); Omega3(8%DV -1/2); Copper(2%DV180)]

## Milk (cont'd)

(5) Milk+Figs-Arthritis(V.Strong) (V.Strong)  
(ph NA -C / ph6 -C) [(Purines NA/32 Hi>400  
Lo<100); Omega3 (8%DV -1/2)/ (0%DV -1/170)]  
[Fiber(0/20%DV74 ); Potassium-  
King(25/10%DV25); Vit C(9/1%DV314);  
Purines(NA); Omega3 (8%DV -1/2)/ (0%DV  
-1/170); Copper(2/7%DV180)]

(6) Milk+Turmeric-Bones (v.v.good)-  
Milk/Turmeric [Calcium(58/1%DV58); K(1/1DV  
%220); vit D(50/0%)]

(7) Turmeric milk -Cough (8) Turmeric milk-  
Sore throat

How to make Turmeric Milk- [1cup milk + ½  
 tsp turmeric + ¼ tsp Pepper + ¼ ghee or butter  
 or coconut oil (joints lubricant)+ ¼ tsp  
 Cinnamon] heat for 1 min add Honey after  
 cooling, honey should not be added in hot milk  
 or water or any hot lubricant.

# Nutritious Disease Fighting Foods

**Fruits** and **Vegetables** (File 3 of 3) **N – Z** (66 pages)

## Health Benefits (Vitamins and Minerals %)

Diet Chart based on 2000 calorie DIET for Healthy Adults  
Daily Value-DV%

It took me **4 months** [ 3 hours/day] to compile these 3 files.

Compiled By: **Mirza Ehteshamuddin Ahmed**-(Hyderabadi)

M.Tech(Chemical Engineer)WA/Ph- 00966-**509380704**

### Contents

Name of Fruit / Vegetable / Meat...	Page	Name of Fruit / Vegetable / Meat	Page
Explanation	2	Radish	28
Highest DV%	3	Raisins	31
( <b>Nutritious Disease Fighting Foods</b> )		Sesame	34
Okra	4	Spinach	37
Olive Oil	7	Sweet Potato	40
Oils comparison Chart	11	Tomato	43
Orange / Lemon	14	Turmeric	46
Papaya	16	Turnip Greens	50
Pine Apple	18	Uradh Dal black	52
Pistachio	21	Walnuts	55
Potato	23	Water Melon	57
Pumpkin	26	Wheat Flour White	61
		Wheat Whole Grain	62
		Yogurt	63

**Explanation-****Example -1**

Almonds 28gm Vit A(0%DV255)

Almonds have vit A zero%

The right side # 255  
represents some other  
fruit/vegetable has highest  
of vit A 255%DV (SEE  
HIGHEST LIST BELOW)

**Example -3**

Almonds 28gm Vit B2(17%DV120)

Almonds have vit B2 (17%)

The right side # 120  
represents some other  
fruit/vegetable has highest  
of vit A 120%DV (SEE  
HIGHEST LIST BELOW)

**Highest-(Right Side value)****Example -2**

Almonds 28gm Vit B1(4%DV45)

Almonds have vit B1 4%DV

The right side # 45  
represents some other  
fruit/vegetable has highest  
of vit B1 45% DV (SEE  
HIGHEST LIST BELOW)

**Example -4**

Almonds 28gm Vit B3(5%DV56)

Almonds have vit B3 (5%)

The right side # 56  
represents some other  
fruit/vegetable has highest  
of vit B1 45% DV (SEE  
HIGHEST LIST BELOW)



**Highest DV% list**

**Lamb Liver 50gm**  
**Vit A(255%DV255)**  
**Vit B2(120%DV120)**  
**Vit B5(18%DV18)**  
**Vit B12(612%DV612)**  
**Copper(180%DV180)**  
**Cholesterol(85%DV85)**

**Whole Wheat Grain 150gm**  
 (جو پھلے کے ساتھ گئیوں کا آٹا)  
 (شعیر)

**Vit B1(45%DV45)**  
**Vit B6(25%DV25)**  
**Iron(33%DV33)**  
**Magnesium(51%DV51)**  
**Maganese(285%DV285)**  
**Phosphorous(52%DV52)**  
**Selenium(151%DV151)**  
**Zinc(29%DV29)**  
**Fiber(74%DV74)**  
**Carbohydrates(36%DV36)**

**Black Eye Bean 100gm**  
**Vit B9-Folic A.(52%DV52)**

**Guava 83gm**

**Highest DV% list**

**Milk Dry Powder Whole milk 64 gm half cup**  
**Calcium(58%DV58)**  
**Potassium(25%DV25)**  
**Saturated Fat(53%DV53)**

**Almonds 28gm**  
**Vit E(37%DV37)**

**Tilapia Fish cooked 100gm**  
**Protein(52%DV52)**

**Wheat Flour White 150gm**  
**Calories(27%DV27)**

**Turnip Green Cooked 50gm**  
**Vit K(220%DV220)**

**Tuna Fish Lt in salt water 85gm**  
**Vit B3(56%DV56)**

**Replace corn oil with Olive oil**  
**Corn oil 2tbsp 28gm**  
**Total Fat(43%DV43)**

**Okra** boiled 120 gm (بامية) (بهندي) – OKRA water

Vit A(7%DV255); VitB1(10%DV45);  
B2(4%DV120); B3(4%DV56); B5(3%DV18);  
**B6(10%DV25); B12(0%DV25); C(33%DV314);**  
E(1%DV37); **Folate(13%DV52); vit K(60DV**  
**%220);** Calcium(9%DV58); Copper(4%DV180);  
Iron(1%DV33); **Magnesium(10%DV51);**  
Manganese(18%DV 285);  
Phosphorous(4%DV52); Potassium(4%DV25);  
Selenium (0%DV 151); Zinc(3%DV29);  
Omega3(0%DV -1/35); Omega6(1%DV);  
**Fiber(12%DV74 ); Protein(4%DV52);**  
Calorie(1%DV)

**Okra (1)Anti-Oxidants** (V.Strong)(Lettuce Red 99/2,380)

- [**C(33%DV314); Vit A(7%DV255); Vit**  
**E(1%DV37); Copper (4%DV180); Selenium**  
**(0%DV151); Zinc(3%DV29)]**

**(1a) Diabetes-(Strong)** [GL –NA low <10  
high>20; **Fiber(12%** superior insoluble fibre); Sat  
Fat(0%DV); Total Fat(0%DV); Carb(**1%DV**);  
Calorie(0); **Protein(4%DV52)]** helps lessen  
**diabetes** symptoms. The drink is made by  
putting okra pods in water and soaking them

overnight. Some of the valuable nutrients in the skin

## 5

### Okra (cont'd)

and seed pods will be absorbed into the water.

(1b) Diabetes okra is known to have a positive effect on blood sugar control. The superior insoluble fibre contained in okra is believed to help stabilise blood glucose by slowing the rate at which sugar is absorbed from the intestinal tract.(Diabetes.co.uk)

(1c) Diabetes Okra helps in lowering the blood sugar level by blocking the absorption of sugar in the intestinal tract.

(1d) some cancers

(1d) lowers cholesterol

(1e) throat and lung inflammation

(2) Digestion -[Fiber(12% DV74 )] and good for IBS, prevents **constipation**

(3) Bones [Calcium(9% DV58); K(60DV%220); Copper(4% DV180); Phosphorous(4% DV52); D(0%) ]

(4) Increase **libido and male potency** (moderate)-  
- [B6(10% DV25); Protein(4% DV52); Zinc(3% DV29); Vit A(7% DV255); E(1% DV)]

## Okra (cont'd)

**Okra Side Effects-** (1) men are warned against the antifertility of okra, sperm quality is significantly reduced

(2) Okra is **rich in oxalates** which may bind with existing **gall and kidney stones** and cause them to deteriorate. Therefore okra should be consumed in optimum quantities.

(3) May cause **acidity** if consumed constantly for 1 month

**Olive Oil 2 tbsp 28g (زیت زیتون) (زیتون کا تیل) –**  
**SEE Below oils comparison Chart**

**(1)** Eat olive oil or cook in olive oil. It's incomparably rich in oleic acid, an omega-9 fatty acid that helps to minimize **inflammation**

**(2)** Researchers have found that oleocanthal, a key compound in extra virgin olive oil, has a significant impact on inflammation and helps reduce joint cartilage damage. Earlier studies showed that oleocanthal prevents the production of pro-inflammatory COX-1 and COX-2 enzymes – the same way ibuprofen works

**(3) The health benefits of olive oil** (According to School of Exercise and Nutrition Sciences-DEAKIN University Australia)(Better Health Victoria)

Clinical studies focusing on olive oil show that consumption of olive oil may reduce cardiovascular risk factors by decreasing plasma triglycerides, total and low density lipoprotein (LDL) cholesterol, platelet activation, inflammation and oxidative damage, and increase high density lipoprotein (HDL)

## **Olive Oil (cont'd)**

cholesterol and antioxidant status.

Studies have also shown that olive oil consumption may have a protective role on **(3b)** breast, colon, lung, ovarian and skin cancer development.

**(4)** Compounds specific to olive oil, known as phenolics, seem to possess free radical-scavenging properties and so may be able to reduce oxidative damage to DNA.

**(5)** A number of studies have also shown that olive oil may have additional beneficial effects on blood pressure,

**(6)** obesity, **(7)** rheumatoid arthritis and

**(8)** immune function **(9)** have very low acidity

**(10)** olive oil is more heat-resistant than many other types of oil.

Vegetable Oils and Shortening	Mono Unsaturated Fatty Acids* MUFA (Reduce bad cholesterol) Most preferable <b>HEALTHY</b>	Polyunsaturated Fatty Acids* PUFA (Reduce bad cholesterol) <b>HEALTHY</b>	Total Unsaturated Fatty Acids* (Reduce bad cholesterol) <b>HEALTHY</b>	Saturated Fatty Acids* (directly increase bad cholesterol) <b>HARMFUL</b>
Olive Oil	74%	8%	82%	13%
Safflower Oil	12%	75%	86%	9%
Sunflower Oil	20%	66%	86%	10%
Corn Oil	24%	59%	83%	13%
Soybean Oil	23%	58%	81%	14%
Cottonseed Oil	18%	52%	70%	26%
Canola Oil	55%	33%	88%	7%
Peanut Oil	46%	32%	78%	17%
Soft Tub Marg.***	47%	31%	78%	17%
Stick Margarine	59%	18%	77%	19%
Veg. Shortening	51%	14%	65%	31%
Palm Oil	37%	9%	46%	49%
Coconut Oil	6%	2%	8%	86%
Palm Kernel Oil	11%	2%	13%	81%
<b>Animal Fats</b>				
Tuna Fat****	26%	37%	63%	27%
Chicken Fat	45%	21%	66%	30%
Lard	45%	11%	56%	40%
Mutton Fat	41%	8%	49%	47%
Beef Fat	42%	4%	46%	50%
Butter Fat	29%	4%	33%	62%

- \* Values are given as a percent of total fat
- \*\* Total unsaturated fatty acids = polyunsaturated fatty acids + monounsaturated fatty acids. The sum of total unsaturated fatty acids + saturated fatty acids will not add to 100 percent because each item has a small amount of other fatty substances that are neither saturated nor unsaturated.

- \*\*\* Made with hydrogenated soybean oil + hydrogenated cottonseed oil.
- \*\*\*\* Fat from white tuna, canned in water, drained solids.

<http://www.healthcastle.com/cooking-oils.shtml>  
pages

**Good Fats:** **Omega-3**, MUFA(Mono Unsaturated fat) (omega-9)

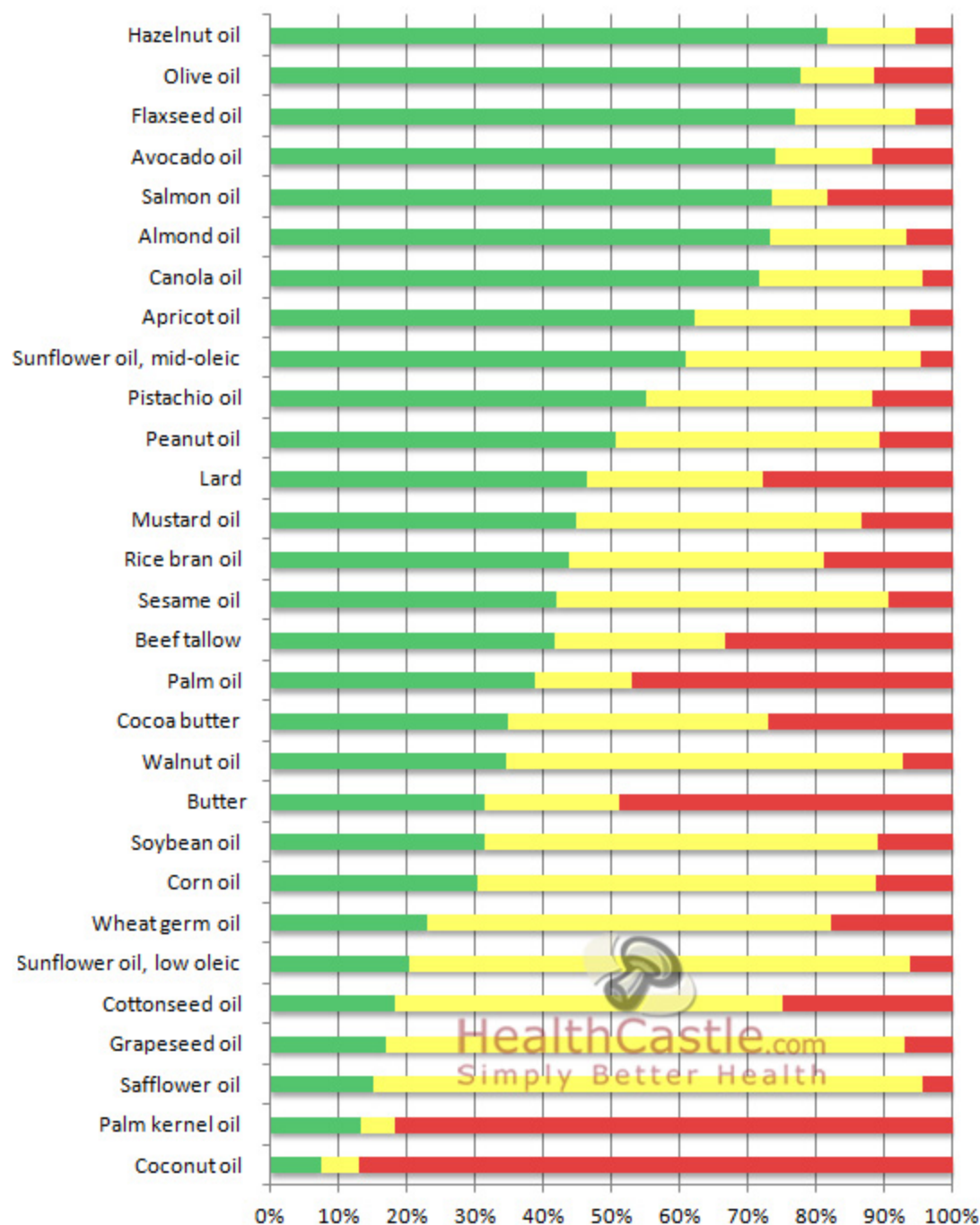
**Neutral Fats:** Omega-6, stearic acid (a type of saturated fat)

**Bad Fats:** **Trans** (commercial-type), saturated except stearic acid

1K+



# Top 10 Good Cooking Oils



Permission to reprint from:  
***GoUnDiet: 50 Small Actions for  
 Lasting Weight Loss***

Copyright 2010 - Gloria Tsang

■ Good Fat  
■ Neutral Fat  
■ Bad Fat

## Top 10 Good Cooking Oils

Based on the above classification, the "ideal" cooking oil should contain **a higher amount of the "good" fats (omega-3 and 9)**, and **minimal saturated fats and trans fats**. All of the following oils are low in the "bad" fats listed above.

- (1) hazelnut oil
- (2) olive oil
- (3) flaxseed oil
- (4) avocado oil
- (5) almond oil
- (6) canola oil
- (7) apricot oil
- (8) sunflower oil (mid-oleic only)
- (9) pistachio oil
- (10) peanut oil

If you're concerned about GMO, it's likely that corn, soy, and canola oils are genetically-modified. There're non-GMO, organic kinds of these oils available. So check the label.

**Top 10 Good Cooking Oils(cont'd)**

Extra notes: Choose sunflower oil or canola oil if you wish to fry foods, as these oils have a higher smoke point. It is best not to fry with extra-virgin olive oil, as its smoke point is only about 190C/375F.

<http://www.healthcastle.com/cooking-oils.shtml>

**\* Orange/ lemon 100g -Highly Alkaline +A  
ph3- (**Purines NA** Hi>400 Lo<100)-**

Vit A(4%DV255); VitB1(5%DV45);  
 B2(2%DV120); B3(2%DV56); B5(3%DV18);  
 B6(3%DV25); B12(0%DV25); C(90%DV314);  
 E(1%DV37); **Folate**(7%DV52); K(0%DV220);  
 Calcium(4%DV58); **Copper**(2%DV180);  
 Iron(1%DV33); **Magnesium**(3%DV285);  
 Manganese(1%DV 285);  
 Phosphorous(2%DV52); **Potassium**(5%DV25);  
**Selenium** (1%DV 151); **Zinc**(1%DV29);  
 Omega3(1%DV -1/3); Omega6(1%DV);  
**Fiber**(9%DV74 ); Carbs(4\*%DV37);  
**Protein**(2%DV52); Calorie(2%DV52); Sat fat  
 (0%DV); Total Fat(1%DV)

**Orange Benefits**(1) **Anti-Oxidants-(vv Strong)-**

[vit **C** (90%DV); vit **A**(4%DV255); vit **E**(1%DV);  
**Copper**(2%DV180); **Zinc**(1%DV29);  
**Selenium**(1%DV151)]

**(1a) Anti Cancer (1b) Heart Health**

**(1c) Anti-inflammatory – (1d) Brain-Memory-**

**(moderate)** [**B6**(3%DV25); **Folate**(7%DV52)

**Choline**; B3(2%DV56); B12(0%DV25);

## **\* Orange/ lemon** (cont'd)

Manganese(**1**%DV 285); Omega3(1%DV -1/3)]

**(2) Arthritis (v, Good)**[Fiber(9%DV74 );

Potassium(5%DV25); **Vit C(90%DV314)**;

Purines(NA); Omega3(1%DV -1/3);

Copper(**2**%DV180)] New research published in the “American Journal of Clinical Nutrition” adds to the evidence that enjoying a daily glass of freshly squeezed orange juice can significantly lower your risk of developing **rheumatoid arthritis.**

**(3) Prevents formation of Calcium Oxalate Kidney stones**-British Journal of Nutrition

**Orange Side Effects – No side effects**

Some people who are allergic to Citrus fruits like oranges get **(1)itching (2) swelling**

**Papaya** raw 140gm- (ثمَرُ البَبُو) (پپای) -Low

Alkaline-A ph6- (Purines NA Hi>400 Lo<100)-

Vit **A(31%DV255)**; **VitB1(3%DV45)**;

**B2(3%DV120)**; **B3(2%DV56)**; **B5(3%DV18)**;

**B6(1%DV25)**; **B12(0%DV25)**; **C(144%DV314)**;

**E(5%DV37)**; **Folate(13%DV52)**; **K(5%DV220)**;

Calcium(3%DV58); **Copper(1%DV180)**;

**Iron(1%DV33)**; **Magnesium(3%DV285)**;

**Manganese(1%DV 285)**;

**Phosphorous(1%DV52)**; **Potassium(10%DV25)**;

**Selenium (1%DV 151)**; **Zinc(1%DV29)**;

**Omega3(2%DV +4)**; **Omega6(0%DV)**;

**Fiber(10%DV74 )**; **Carbs(5%DV37)**;

**Protein(2%DV52)**; **Calorie(3%DV52)**; **Sat fat (0%DV)**; **Total Fat(0%DV)**

**Papaya Benefits(1) Anti-Oxidants-[vit **C (144%DV)**; vit **A(31%DV255)**; vit **E(5%DV)**; **Copper(1%DV180)**; **Zinc(1%DV29)**; **Selenium(1%DV151)**]**

**(1a) Anti Cancer (1b) Heart Health (1c) Anti-inflammatory – arthritis and prostate inflammation**

## **Papaya (cont'd)**

**(2) Aids in Digestion prevents constipation-** [ **Fiber(10%DV74 )** ] Papayas are commonly consumed for proper digestion. The presence of papain, a digestive super enzyme, improves digestion by breaking down [proteins](#) and also cleanses the digestive tract. Kills intestinal worms.

**(3) Helps lose weight**

**(4) Regulates mensuration-** 'hot food, meaning that they produce heat in the body. This excessive production of heat in the body stimulates the estrogen hormone

**(5) Prevents asthma-** [Vit **A(31%DV255)**] Beta-carotene has been shown to help reduce the risk of asthma

**Side Effects Papaya-** Large quantities

**(1) Pregnant women**

**(2) Gastro intestinal problems**

## **Pine Apple 100gm- (اناناس) (اناناس)-Highly Alkaline ph4-**

Vit A(1%DV255); **VitB1(5%DV45);**  
 B2(2%DV120); **B3(2%DV56); B5(2%DV18);**  
**B6(6%DV25);** B12(0%DV25); **C(80%DV314);**  
 E(0%DV37); **Folate(5%DV52);** K(1%DV220);  
 Calcium(1%DV58); **Copper(6%DV180);**  
 Iron(2%DV33); **Magnesium(2%DV51);**  
**Manganese(48%DV 285);**  
 Phosphorous(1%DV52); **Potassium(3%DV25);**  
 Selenium (0%DV 151); Zinc(1%DV29);  
**Omega3(1%DV +1);** Omega6(0%DV);  
**Fiber(6%DV74 );** Protein(1%DV52);  
 Calorie(2%DV52); Total Fat(0%DV)

**Pine Apple (1) Anti-Oxidants-(vv Strong)-[vit**  
**C (80%DV); vit A(1%DV255); vit E(0%DV);**  
**Copper(6%DV180); Zinc(1%DV29);**  
 Selenium(0%DV151)]

**(1a) Anti-inflammatory-** Aside from being a great source of **C(80%DV314);** and **Omega3(1%DV +1),** it is also rich in the protein-digesting enzyme bromelain, making pineapple a natural **anti-inflammatory** agent that is quite



## **Pine Apple** (cont'd)

helpful in reducing **swelling**, bruising and pain in musculoskeletal injuries, as well as arthritis, bursitis and tendonitis (DiNubile, 2005; Fitzhugh et al. 2008; Mozian, 2000; Walker et al., 2002). Bromelain in pineapples helps in reducing swelling and inflammation in your body

### **(1b) Digestion-inflammatory bowel**

[**Fiber(6%DV74 )**]-Helps in treating conditions such as inflammatory bowel conditions,

**(1c)** Bromelain significantly reduces CD4+T lymphocytes, which are the primary effectors involved in inflammation in the body.

### **(2a) (OA) osteoarthritis(vv Strong)**

[**Fiber(6%DV74 )**; **Potassium(3%DV25)**; **Copper(6%DV180)**; Vit **C(80%DV314)**; Purines-NA Hi>400Lo<100; **Omega3(1%DV +1 )** ]

UK researchers looking at ten different studies found that everyone of them confirmed that bromelain provides health benefits for (OA) osteoarthritis patients.

## **Pine Apple** (cont'd)

**(2b)** Helps Decrease **Joint Pain**-The researchers' conclusion was that "Bromelain has been demonstrated to show anti-inflammatory and analgesic properties. Researchers discovered that pain decreased up to **60% acute** pain and more than **50% chronic** disorders.

**(2c)** In fact, there is strong evidence that fresh pineapple can outperform many of the top selling drugs(an alternative to acetaminophen).

**(3)** Supports Faster Recovery from Surgery and Injuries

**(4)** Fights Allergies and Asthma

**(5)** Helps Prevent or Treat Sinus Infections (Rhinosinusitis)

**(6)** May Support Weight Loss

**Side effects of Bromelain**(Pine Apple)-No Side Effects.Side effects that have been associated with this enzyme usually include gastrointestinal symptoms, such as nausea, change in feces and increased gas. Bromelain allergy symptoms are possible and can include itchy mouth or skin, developing a rash, trouble breathing, nasal

congestion, and watery eyes.

**Pistachio raw 28gm** (پستاق) (فستق) (7,983 / 52)

Moderately acidic C, Ph NA-**Problem with Pista**

is [(1) Omega3(4%DV -1/50);

Omega6(70%DV)];

(2) [Sat fat(8%); Total Fat(19%);

Calorie(8%DV);]

Vit A(3%DV255); **VitB1(16%DV45);**

**B2(3%DV120); B3(2%DV56); B5(1%DV18);**

**B6(24%DV25); B12(0%DV25); C(2%DV314);**

**E(3%DV37); Folate(4%DV52); vit K(0DV%220);**

**Calcium(3%DV58); Copper(RBC+Central**

**Nervous Sys)(18%DV180); Iron(6%DV33);**

**Magnesium (8%DV51); Manganese(17%DV**

**285); Phosphorous(14%DV52);**

**Potassium(8%DV25); Selenium (3%DV 151);**

**Zinc(4%DV29); Omega3(4%DV -1/50);**

**Omega6(70%DV); Fiber(12%DV74 );**

**Protein(12%DV52); Calorie(8%DV); Sat fat(8%);**

**Total Fat(19%)**

**Pista Benefits- (1) Antioxidants(Good)**

[ (C(2%DV314); Vit A(3%DV255); E(3%DV37);

**Copper(18%DV180); Selenium (3%DV 151);**

**Zinc(4%DV29)]**

## **Pistachio (cont'd)**

**(1a) Eye(Moderate)** [Vit A(3%DV255); C(2%DV314); Omega3(4%DV -1/50)] Pistachios are the only nuts that contain a significant amount of the **carotenoids** known as lutein and zeaxanthin **(1b) Heart Health )**

**Magnesium(8%DV51); Potassium(8%DV25); Fiber(12%DV74)]-**

**(1c) Diabetes**

**(2) Increase libido and male potency**

**(v.v.Strong)-** **[B6(24%DV25); Protein(12%DV52); Zinc(4%DV29); Vit A(3%DV255); E(3%DV)]**

**(3) Brain-Memory-( V. Strong)**

**[B6(24%DV25); Folate(4%DV52)Choline; B3(2%DV56); B12(0%DV25); Manganese(17%DV 285); Omega3(4%DV -1/50)]**

**Pista side effects (1) Weight gain-[Sat fat(8%); Total Fat(19%); Calorie(8%DV);]**

**(2) Allergy**

\* **Potato** baked 156 g (بطاطس) (آلو) Nightshade (tomato, potato, pepper) family vegetables bad for arthritis

Vit A(1%DV255); VitB1(6%DV45); B2(4%DV120); B3(10%DV56); B5(5%DV18); B6(23%DV25); B12(0%DV25); C(24%DV314); E(1%DV37); Folate(10%DV52); vit K(4DV %220); Calcium(2%DV58); Copper(9%DV180); Iron(10%DV33); Magnesium(8%DV51); Manganese(16%DV 285); Phosphorous(11%DV52); Potassium(23%DV25); Selenium (0%DV 151); Zinc(4%DV29); Omega3(0%DV -1/15); Omega6(2%DV); Fiber(11%DV74 ); Carbohydrate(18%DV38);Protein(5%DV52); Calorie(5%DV27)

**(1) Anti-Oxidants(Strong)** (Protect Heart, Cancer, immunity, Aging) - Potatoes are a good source of antioxidants [Vit A(1%DV255); Vit C(24%DV314); Vit E(1%DV37); Copper (9%DV180); Selenium (0%DV151); Zinc(4%DV29)], including specific types, such as flavonoids, carotenoids and phenolic acids

## \* Potato(cont'd)

**(2)** Potatoes contain about 17% starch and they are one of the best natural sources of starch. The resistant starch, which may improve blood sugar control, digestive health, nutrient absorption and satiety(feeling stomach full) and decrease hunger.

**(2) Brain(strong)**[**VitB1(6%DV45); B2(4%DV120); B3(10%DV56); B5(5%DV18); B6(23%DV25); B12(0%DV25);**]-Proper functioning of the brain depends largely on the glucose level, oxygen supply, various components of the vitamin-B complex and certain hormones, amino acids and fatty acids like omega-3 [**Omega3(0%DV -1/15); Omega6(2%DV);**]

Potatoes are stuffed with phytonutrients, which are organic components of plants that are thought to promote health, according to the USDA. Phytonutrients in potatoes include carotenoids, flavonoids and caffeic acid.

**(3) Digestion- [Fiber(11%DV74 )] Easy to Digest** Since potatoes predominantly contain carbohydrates, they are easy to digest and

## \* Potato(cont'd)

they also facilitate digestion

**(4) Satiety**(feeling stomach full) and decrease hunger

### Potato Bad Side Effects-

**(1) Diabetes**-Diabetes patients should avoid Potatos. Potatoes can affect blood sugar control.

**(2) Weight gain**[high starch(17%) and carbohydrate]**[Carbohydrate(18%DV38); Protein(5%DV52);]**, Potatoes are primarily made of carbohydrates() and contain very little protein especially when consumed in large amounts.



## **Pumpkin cooked 100gm(كدو) (القرع) (Highly Alkaline +A ph5)**

**Vit A(100%DV255);** VitB1(2%DV45);  
 B2(5%DV120); B3(2%DV56); **B5(2%DV18);**  
 B6(2%DV25); B12(0%DV25); C(8%DV314);  
 E(4%DV37); Folate(2%DV52); vit K(1DV%220);  
 Calcium(1%DV58); Copper(5%DV180);  
**Iron(3%DV33); Magnesium(2%DV51);**  
 Manganese(4%DV 285);  
 Phosphorous(3%DV52); **Potassium(7%DV25);**  
 Selenium (0%DV 151); Zinc(2%DV29);  
 Omega3(0%DV +1); Omega6(0%DV);  
 Fiber(4%DV74 ); Protein(1%DV52);  
 Calorie(1%DV)

**(1) Anti-Oxidants (strong)** [C(8%DV314); **Vit A(100%DV255);** E(4%DV37); **Copper** (5%DV180); Selenium (0%DV151); **Zinc(2%DV29)]**,

**(1a) Boost Vision Eye(strong)** **Vit A(100%DV255);**.. ...

**(1b) Anti Aging-Look Younger(strong)** -[**Vit A(100%DV255);**] vitamin A, is an anti-aging nutrient

**(1c) Lower Blood Pressure-BP** **AND** Have a

## Pumpkin(cont'd)

Healthier Heart

**(2) Boost energy -(Moderate)** [B12(0%);

Magnesium(2%DV51), Iron(3%DV33),

Potassium (7%DV25); (5) Coenzyme Q10(Anti-oxidant) (6)Vit D, (7) Hydration]

**(3) Help Lose Weight makes** satiety,

[Fiber(4%DV74 ); Carbs(2%); Protein(1%DV52);

Calorie(1%DV); Sat Fat(0%); Total Fat(0%)]

**Radish** white juice (مولى) (مولى) Low Alkaline -A  
PH 6-

Vit A(0%DV255); VitB1(1%DV45);  
B2(1%DV120); B3(1%DV56); B5(1%DV18);  
B6(2%DV25); B12(0%DV25); **C(24%DV314)**;  
E(0%DV37); Folate(2%DV52); vit K(0 DV%220);  
Calcium(1%DV58); **Copper(2%DV180)**;  
Iron(2%DV33); Magnesium(1%DV51);  
Manganese(1%DV 285);  
Phosphorous(1%DV52); **Potassium(4%DV25)**;  
Selenium (1%DV 151); Zinc(0%DV29);  
**Omega3(1%DV +2)**; Omega6(0%DV);  
Fiber(4%DV74 ); Carbs(0%); Protein(1%DV52);  
Calorie(0%DV); Sat Fat(0%); Total Fat(0%)

**Radish white juice Benefits-see image down**

**(1a) Antioxidants** [ **C(24%DV314)**; Vit  
A(0%DV255); E(0%DV37); **Copper(2%DV180)**;  
Selenium (1%DV 151); Zinc(0%DV29)] **(1b)** aids  
in digestion

**(2) Effectively treat fungal**-Among the  
dominant content of the radish are an enzyme  
diastase, amylase, and enzymes esterases  
myrosinase. This substance will make a radish  
effective in killing fungal growth in the body. Not

## Radish(cont'd)

only kill the fungus, but this enzyme would also kill a variety of harmful substances such as viruses, and parasites that exist in our bodies efficiently.

(3) clears toxins of kidney (Besides can remove kidney stones, radish juice is also useful in the prevention of kidney stone formation.), liver, gallbladder (4) Jaundice (5) Piles

(6) urinary tract disorders

(7) Brain-Memory-(moderate) [B6(2%DV25); Folate(2%DV52)Choline; B3(1%DV56); B12(0%DV25); Manganese(1%DV 285); Omega3(1%DV +2)]

(8) Removes dandruff-How To Use: Using white radish with mashed or blended and then applied to the hair is the best way to overcome the problem of hair. Do not forget to do massage slowly so that the content contained in radish can work optimally address the problem of hair. To overcome dandruff, use a hair mask on a white radish at night, leave, and rinsed in the morning.

(9) Help Lose Weight makes satiety, [Carbs(0%); Protein(1%DV52); Calorie(0%DV); Sat Fat(0%); Total Fat(0%) ]

# Stay Healthy with Radish

Organic  Facts

Heals the symptoms  
of piles

Aids in treatment of  
leucoderma

Keeps skin moisturized  
and body hydrated

Treats urinary and  
kidney disorders

Relieves symptoms  
of constipation

Regulates blood sugar  
levels in diabetics



Prevents cardiovascular  
diseases

Helps lose weight and  
improve immunity

Extremely useful in  
treating jaundice

Radish juice reduces  
pain and swelling

Treats cancers like colon,  
stomach and oral cancer

Decreases congestion  
in respiratory system

#### Vitamins\*

Vitamin C 25%  
Folate 6%  
Vitamin B6 4%

#### Nutrients\*

Dietary Fiber 6%  
Calories 1%  
Carbohydrate 1%

#### Minerals\*

Potassium 7%  
Copper 3%  
Calcium 3%

\*% Daily Value per 100g. For e.g. 100g of radish provides 25% of daily requirement of vitamin C.

[www.organicfacts.net](http://www.organicfacts.net)

**\* Raisins** (زبيب) (کشمش) (R.White 78/4,188)  
(93/3,037)

- (ph –A) (**Purines 107** Hi>400

Lo<100)**problem** with Raisins is (1) carbs (26\*  
%DV36); **\*Fructose** increases Uric Acid,

damages liver, deposit fats, increases  
hunger, gas, diarrhea // (2) (**Purines 107**

Hi>400 Lo<100) **(3) Weight gain**

[**Fiber(15%DV74 )**; carbs (26\*%DV);

**Calorie(15%DV);]**

Vit A(0%DV255); **VitB1(7%DV45);**

**B2(7%DV120); B3(4%DV56); B5(1%DV18);**

**B6(9%DV25); B12(0%DV25); C(4%DV314);**

**E(1%DV37); Folate(1%DV52); vit K(4DV%220);**

**Calcium(5%DV58); Copper(16%DV180);**

**Iron(10%DV33); Magnesium(8%DV51);**

**Manganese(15%DV 285);**

**Phosphorous(10%DV52);**

**Potassium(21%DV25); Selenium (1%DV 151);**

**Zinc(1%DV29); Omega3(0%DV -1/4);**

**Omega6(1%DV); Fiber(15%DV74 )**; carbs (26\*

%DV36); **Protein(6%DV52); Calorie(15%DV);**

**Sat fat (0%); Total Fat(1%)**



## \* Raisins (cont'd)

Raisins Benefits- **(4) Antioxidants** (see# 4)

**(1) Treat infertility** -[Vit E(1%DV37); Vit A(0%DV); B12(0%DV); **B6(9%DV25)**; **Protein(6%DV52)**; **Potassium(21%DV25)**; **B1(7%DV45)**; **B3(4%DV56)**; **vit D(0%)**; **Calcium(5%DV58)**; **Magnesium(8%DV51)**; **Zinc(1%DV29)**; **Selenium (1%DV]**

**(2) Energy (Good)** [B12(0%DV25); **Magnesium(8%DV51)**; **Iron(10%DV33)**; **Potassium(21%DV25)**,

**(3) Laxative [Fiber(15%DV74)**

**(4) Antioxidants** (R.White 78/4,188)(93/3,037)-**moderate only** [vit C (4%DV); vit A(0%DV); vit E(1%DV); **Copper(16%DV)**; **Zinc(1%DV29)**; **Selenium(1%DV)]**

(4a1) Viral and bacterial infections like **fever and cold** are kept at bay, when dry raisins are taken regularly.

(4a2) “Sweet seedless raisins benefit for who suffer from excessive wetness and phlegm. Raisin pulp is suitable for the windpipe and

## **\* Raisins (cont'd)**

relieves coughing. In general raisins strengthen stomach ... and benefit the throat, chest, liver and prostate."

(Medicine of the Prophet(pbh)-Ibn Qayyim Al-Jawziyyah **page 408 of 653**)

**(4b) cancer** Raisins contain high level of phenolic phytochemicals. Polyphenolic antioxidants like catechins are more in raisins, and this helps in the prevention of **cancer** forming radicals inside the body.

**(5) Anaemia (moderate)-[Iron(6%DV33); Folate(1%DV52); C(1%DV314); B12(0%DV25); Copper(16%DV180); Copper works with iron to help the body form red blood cells]**

**(6) Fight tooth decay(Moderate) - [ { **Calcium(5%DV58); vit K(4DV%220); D(0%)** ]**

**Raisins Side Effects** - Some people develop allergies to grapes and raisins. While some others develop breathing problems, and there are people with carbohydrate overload. Few side effects found in people consuming raisins



are vomiting, diarrhoea and fever.

**Sesame 25 gm** (سمسم) (سفید تل)

**Low Alkaline -A ph NA, Problem with Sesame**  
is (1) **Weight gain**-[Sat fat(9%); Total Fat(19%);  
Calorie(7%DV);]

Vit A(0%DV255); **VitB1(13%DV45);**  
**B2(3%DV120); B3(6%DV56); B5(0%DV18);**  
**B6(10%DV25); B12(0%DV25); C(0%DV314);**  
**E(0%DV37); Folate(6%DV52); vit K(0%DV%220);**  
**Calcium(25%DV58); Copper(RBC+Central**  
**Nervous Sys)(52%DV180); Iron(19**  
**%DV33); Magnesium (17%DV51);**  
**Manganese(17%DV 285);**  
**Phosphorous(3%DV52); Potassium(3%DV25);**  
**Selenium (34%DV 151); Zinc(12%DV29);**  
**Omega3(6%DV -1/58); Omega6(115%DV);**  
**Fiber(12%DV74 ); Protein(9%DV52);**  
**Calorie(7%DV); Sat fat(9%); Total Fat(19%)**

**Sesame Benefits- (1) Antioxidants(strong)**

[ (C(0%DV314); Vit A(0%DV255); E(0%DV37);  
**Copper(52%DV180); Selenium (34%DV 151);**  
**Zinc(12%DV29)]**

## **Sesame(cont'd)**

**(1a) Reduce joints& muscles Inflammation - arthritis**[**Fiber(12%DV74 )**; **Potassium(3%DV25)**; **Copper(RBC+Central Nervous Sys+Bones)** (**52%DV180**); Vit C(0%DV314);, Purines-NA-Hi>400Lo<100; **Omega3(6%DV -1/58)**; ] The high content of **Copper** in sesame seeds has a number of valuable functions, including the reduction of **inflammation in joints, bones, and muscles, thereby reducing the associated pain of arthritis.**

**(1b) High Source of Cholesterol-Lowering Phytosterols**

**(1c) Protect Heart Health & Improve BP**[**Magnesium(17%DV51)**; **Potassium(3%DV25)**; **Fiber(12%DV74)**]-

**(1d) Fight Cancer**

**(2) Pregnancy Super food- Anaemia**

**[Iron(19%DV33); C(0%); B12(0%);**

**Folate(6%DV52);**

**Copper(52%DV180)**Copper works with iron to help the body form **red blood cells]**

**(3) Bone Health(Good)-[ { Calcium(25%DV58); vit K(0%DV); D(0%); Copper(52%DV180);]**

Sesame(cont'd)

**(4) Boost energy (Good)**[B12(0%DV25);),  
**Magnesium**(17%DV51), **Iron**(19%DV33),  
**Potassium** (3%DV25); Coenzyme Q10(Anti-oxidant); Vit D; Hydration ]

**(5) Digestion Fiber**(12%DV74)

**(6)**Balance Hormones **(7)**Help Burn Fat

**(6)** Increase **libido and male potency(Good)** -  
 [B6(10%DV25); Protein(9%DV52);  
 Zinc(12%DV29); Vit A(0%DV255); E(0%DV)]

Sesame side effects **Generally Safe-**

(1) Excessive consumption of sesame seeds can cause irritation in the stomach and colon.

**(2) Weight gain-**[Sat fat(9%); Total Fat(19%);  
**Calorie**(7%DV);] // **(3) Allergy**

**Spinach** 15g/2leaves (سبانخ) (پالک کی بھاجی) +9

2% water, **EATING RAW** is preferred Purines  
(20 Hi>400 Low <100)

**Vit A**(28%DV255); **VitB1**(1%DV45);  
B2(2%DV120); B3(1%DV56); B5(0%DV18);  
**B6**(2%DV25); B12(0%DV25); **C**(7%DV314);  
E(2%DV37); **Folate**(8%DV52); **vit K**(90DV  
%220); Calcium(2%DV58); Copper(1%DV180);  
**Iron**(3%DV33); **Magnesium**(3%DV51);  
Manganese(7%DV 285);  
Phosphorous(1%DV52); Potassium(3%DV25);  
Selenium (0%DV 151); Zinc(1%DV29);  
Omega3(2%DV +5); Omega6(NA-DV);  
Fiber(2%DV74 ); Protein(1%DV52);  
Calorie(0%DV); Total Fat(0%)

### **Spinach(1) Antioxidants(Good)-**

( Phytonutrients, Number 1 source of chlorophyll, polyphenol, lutein, beta-carotene, and zea-xanthin) **One Dozen** anti-oxidants- Researchers identified more than a dozen different types of flavonoid - **antioxidants** alone that are present in spinach. Spinach is our Number 2 source of the carotenoids lutein and

## **Spinach** (cont'd)

**Antioxidants** (See ABOVE) [ (C(7%DV314); Vit A(28%DV255); E(2%DV37); Copper(1%DV180); Selenium (0%); Zinc(1%DV29)]

**Spinach(1a) Heart(poor)-** Heal Inflammation of Heart-Both vit K(90DV%220); good for heart and bones) and omega-3 in kale/spinach(2%DV +5) are able to prevent or heal inflammation

(1b) Spinach is rich in folic acid(8%) and potassium(3%) and helps in the prevention of **hypertension**. It frees the arteries by preventing the formation of cholesterol and heart attacks

(1b) **Digestive**[Fiber(2%DV74 ) & +92% water] track anti-inflammation- improved control of inflammation—especially within the digestive tract—has been linked to the unusual nitrate content of spinach, and the role of digestive tract bacteria in converting nitrate into nitric oxide.

(1c) **Digestive** Spinach eases constipation and protects the mucus lining of the stomach, so that you stay free of ulcers. It also flushes out toxins from the colon.

Spinach (2) **Bones(v. strong)-**

[Calcium(2%DV58); vit K(90DV%220); ]

39

## **Spinach** (cont'd)

(3) **Eyes(v strong)**- Vit A(28%DV255); Zea-xanthin is a crucial dietary carotenoid, which is partially absorbed into the eyes to prevent age-related macular disease. Thus, zeaxanthin provides your eyes with antioxidant and protective light-filtering properties. Lutein contained in spinach improves eye function and prevents degeneration of the retina.

**Spinach BAD or Side Effects**- Generally safe no side effects but excessive eating may cause to kidney patients.

(1) **Kidney Stones**- Spinach is high in both calcium and oxalates, so people who tend to develop kidney stones should not eat large amounts

(2) **Blood clotting**- It is also very high in vitamin K1, which can be a problem for people who take blood thinning medications. Vitamin K1 serves several functions in the body, but is best known for its role in blood clotting. People who are taking blood-thinners, such as warfarin, may want to closely monitor their vitamin K intake or

avoid leafy greens altogether



## **Sweet potato-50gm(شكر قندی , رتالو)**

(بطاطا حلوة) - Highly Alkaline+ A PH 6-

**Vit A(190% DV255);** VitB1(3% DV45);  
 B2(3% DV120); B3(4% DV56); **B5(4% DV18);**  
**B6(7% DV25);** B12(0% DV25); C(18% DV314);  
 E(2% DV37); Folate(1% DV52); vit K(1 DV%220);  
 Calcium(2% DV58); **Copper(4% DV180);**  
 Iron(2% DV33); **Magnesium(4% DV51);**  
 Manganese(12% DV 285);  
 Phosphorous(3% DV52); **Potassium(7% DV25);**  
 Selenium (0% DV 151); Zinc(1% DV29);  
 Omega3(0% DV -1/15); Omega6(2% DV);  
 Fiber(30% DV74 ); Protein(2% DV52);  
 Calorie(2% DV); Total Fat(0%) Contains  
**CHOLINE**

### **Sweet potato (1) Anti-Oxidants (strong)**

[C(18% DV314); **Vit A(190% DV255);**  
 E(**2% DV37**);  
**Copper (4% DV180);** Selenium (0% DV151);  
**Zinc(1% DV29)**],

## **Sweet potato (cont'd)**

### **(1a) Reduce High BP(v. effective) -**

[ Magnesium(4%DV51); Potassium(7%DV25); Fiber(30%DV74 )] **Contains CHOLINE**-Choline have been shown to powerfully regulate inflammation in the cardiovascular system, helping to bring cholesterol levels to a healthy balance and to reduce **High BP**

**(1b) Eyes-** (v Strong)(Vit A(190%DV255); C(18%DV314); Omega3(0%DV -1/15)]

### **(1c) Regulates blood sugar (v. effective)**

[GL6 low <10 high>20; Fiber(30%DV74 ); Sat Fat(0%); Total Fat(0%); Carbs(4%) Calorie (2%DV52)]

**(1d) Digestive(v. effective)** [Fiber(30%DV74 );] treat stomach ulcers

### **(2) Weight Loss- -(V. Effective)**

[Fiber(30%DV74 ); Protein(2%DV52)]

### **(3)Energy-(Poor)** [B12(0%DV25);

Magnesium(4%DV51); Iron(2%DV33);

Potassium(7%DV25); Coenzyme Q10(Anti-oxidant); Vit D; Hydration]

## Sweet potato (cont'd)

**(4) Anaemia –(poor) [Iron(2%DV33); C(18%DV314); B12(0%DV25); Folate(1%DV52); Copper(8%DV180); Copper works with iron to help the body form red blood cells]**

**(4)** maintain water balance in the body

**Sweet Potatos Side Effects- If eaten in moderation no side effects.**

**(1) Kidney stones-**However, they do contain something known as oxalates which binds calcium and other minerals. Too many oxalates in the diet may cause kidney stones and so should be eaten in moderation if you have existing kidney stones or are at high risk of developing them.

**Tomato 120gm (ٹماٹر) (طماطم)**

+94% water (low Acidic),

Vit A(25%DV255); VitB1(4%DV45);

B2(2%DV120); B3(4%DV56); B5(1%DV18);

B6(6%DV25); B12(0%DV25); C(32%DV314);

E(4%DV37); Folate(6%DV52); vit K(15DV

%220); Calcium(1%DV58); Copper(4%DV180);

Iron(2%DV33); Magnesium(4%DV51);

Manganese(8%DV 285);

Phosphorous(4%DV52); Potassium(10%DV25);

Selenium (0%DV 151); Zinc(2%DV29);

Omega3(0%DV -1/24); Omega6(2%DV);

Fiber(2%DV74 ); Protein(1%DV52);

Calorie(0%DV); Total Fat(0%)

**Tomato**

**Antioxidants(v.strong) [ (C(32%DV314); Vit**

**A(25%DV255); E(4%DV37); Copper(4%DV180);**

**Selenium (0%); Zinc(2%DV29)]**

## **Tomato (cont'd)**

**(1a) Prostate cancer (v. good) RISK reduced 30-40%** **Lycopene** is the reddish pigment in tomatoes. In the body, it is deposited in certain tissues such as the prostate gland (an example of selective nutrition). Lycopene helps prevent **prostate cancer** and heart disease. At least five studies support a 30%-40% reduction in prostate cancer risk associated with high tomato or lycopene consumption.

### **(1b) Stroke and prostate Cancer(v.good)**

Tomatoes are rich in flavonoids and other phytochemicals that have anti-carcinogenic properties. One of them is lycopene, a carotenoid antioxidant that gives fruits and vegetables like tomatoes and watermelons a pink or red color. More powerful than other carotenoids, lycopene may significantly reduce your risk of stroke and prostate cancer.

**(1c) Eyes(good)- [Vit A(25%DV255); C(32%DV314); Omega3(0%DV -1/24)]** A protective compound called lutein is present in tomatoes, and it's very healthy for your eyes.

## Tomato (cont'd)

2) Bones-(moderate)[ [Calcium(**1%DV**58); **vit K**(**15DV%220**); Copper(**4%DV**180) ]

Tomato Side Effects-( Nightshade family vegetables –Omega 3;6= **-1/24**)Can you get out of bed each morning without pain? Can you put socks or hose on or do you need another person to do it or go barefoot? Do you have awful knee, hip or lower back pains?Do you think you need a hip replacement? Or a knee replacement? Or need your vertebrae fusing or maybe even removing?Are our toes swollen and do your ankles sting?

**Turmeric 1tsp 7gm (الكركم) (إلدي) - (6/159277)**

Vit A(0%DV255); VitB1(1%DV45);  
 B2(1%DV120); B3(2%DV56); B5(0%);  
**B6(6%DV25); B12(0%DV25); Vit C(3%DV314);**  
**E(1%DV37); Folate(1%DV52); vit K(1%DV%220);**  
 Calcium(1%DV58); Copper(2%DV180);  
**Iron(16%DV33); Magnesium(3%DV51);**  
**Manganese(26%DV 285);**  
**Phosphorous(2%DV52); Potassium(5%DV25);**  
 Selenium (0%DV 151); Zinc(2%DV29); Sat  
 Fat(1%DV); cholesterol (0%DV); Total  
 Fat(1%DV); Omega3(2%DV -1/3);  
 Omega6(2%DV); **Fiber(6%DV74 )**;  
 Protein(1%DV52); Carbohydrates(1%DV);  
 Calorie(1%DV); Total Fat(1%)

**(1) Antioxidant-Very Strong (6/159277)**

[ **C(3%DV314); Vit A(0%); E(1%DV37);**  
**Copper(2%DV180); Selenium (0%);**  
**Zinc(2%DV29)]** The turmeric contains curcumin,  
 the active agent that has strong anti-viral, anti-  
bacterial, and anti-inflammatory properties.  
 Curcumin has powerful **anti-inflammatory effects**  
**and is a very strong antioxidant.**

## **Turmeric (cont'd)**

**(1a) Turmeric-** "What distinguishes curcumin is its ability to reduce inflammation through at least ninety-seven 97 different biological mechanisms," writes Jack Challem in his book *The Inflammation Syndrome: Your Nutrition Plan for Great Health, Weight Loss, and Pain-Free Living*. "To date, no other substance has been discovered or developed with such far-reaching anti-inflammatory benefits"

**(1b) Anti Cancer-** (breast cancer, bowel cancer, stomach cancer and skin cancer cells.)

**(1c) IBS** [**Fiber(6%DV74); vit K(1DV%220)**]

**(1d) Alzheimers disease-** **Memory**

**[B6(6%DV25); B9(1%DV52); B12(0%);**

**Manganese(26%DV 285); Omega3(2%DV -1/3)]**

**(2) Arthritis and Pain Relieving -**

**[Fiber(6%DV74 ); Potassium(5%DV25); Vit C(3%DV314); Purines(NA); Omega3(2%DV**

**-1/3)] – due to its potent ability to reduce inflammatory compounds such as C-reactive protein, turmeric helps to protect against joint pain and swelling.**



## **Turmeric (cont'd)**

An Italian study over a three month period, researchers found a **58% decrease** in overall reported **pain** and **stiffness** **Turmeric**<sub>(Cont'd)</sub> as well as an overall improvement in joint flexibility among those taking curcumin. // Turmeric is better than **ibuprofen** (**Advil**).

**(3) Diabetes** [**Fiber**(6%DV74 ); Omega3(2%DV -1/3); Carbohydrates(1%DV); Calorie(1%DV) ]

**(4) Obesity** [**Fiber**(6%DV74 ); Sat Fat(1%DV); Total Fat(1%DV); cholesterol (0%DV); Omega3(2%DV -1/3); Carbohydrates(1%DV); Calorie(1%DV) ]

**Turmeric Milk Benefits- (5) Bones** v.v.good-Milk/Turmeric [**Calcium**(58/1%DV58); **K**(1/1DV %220); **vit D**(50/0%)]

**(6)** cold cough **(7)** sour throat,

**How to make** Turmeric Milk- [1cup milk + ½ tsp turmeric + ¼ tsp Pepper + ¼ ghee or butter or coconut oil (joints lubricant)+ ¼ tsp Cinnamon] heat for 1 min add Honey after cooling, honey should not be added in hot milk or water or any hot lubricant.

## **Turmeric** (cont'd)

### **Turmeric Side Effects- NO SIDE EFFECTS**

(1tbsp =7gm/day) However if taken in large amounts

**(1) It can upset your stomach**

**(2) It thins your blood-** makes you bleed more easily. People who take blood-thinning drugs like warfarin (Coumadin) should avoid turmeric.

## **Turnip Green cooked 50 gm (شلجم کے پتے)**

–(الفت الأخضر)

**Vit A**(44%DV255); **VitB1**(1%DV45);  
**B2**(1%DV120); **B3**(1%DV56); **B5**(1%DV18);  
**B6**(3%DV25); **B12**(0%DV25); **C**(22%DV314);  
**E**(5%DV37); **Folate**(14%DV52); **vit K**(220DV  
 %220); **Calcium**(7%DV58); **Copper**(6%DV180);  
**Iron**(2%DV33); **Magnesium**(3%DV51);  
**Manganese**(8%DV 285);  
**Phosphorous**(1%DV52); **Potassium**(3%DV25);  
**Selenium** (1%DV 151); **Zinc**(0%DV29);  
**Omega3**(5%DV +2); **Omega6**(1%DV);  
**Fiber**(7%DV74 ); **Protein**(1%DV52);  
**Calorie**(0%DV); **Total Fat**(0%)

### **Turnip green good- (1)Antioxidants(v.strong)**

[ (**C**(22%DV314); **Vit A**(44%DV255);  
**E**(5%DV37); **Copper**(6%DV180); **Selenium**  
 (1%DV 151); **Zinc**(0%DV29)]

**(1a) colon and rectal cancers**. –Turnip greens  
 are source of unique sulfur-containing  
 compounds called glucosinolates.

### **(1b) Heart Disease )(moderate)[**

**Magnesium**(3%DV51); **Potassium**(3%DV25);  
**Fiber**(7%DV74)]-

## **Turnip Green**<sub>(cont'd)</sub>

**(1c) Eye-(v.good)** – [Vit A(44%DV255); C(22%DV314); Omega3(5%DV +2) ] **Research reveals** Turnip greens contain carotenoid antioxidants – such as beta-carotene, lutein and zeaxanthin — which protect the eyes

**(1d)Brain-Memory-Prevents Cognitive Decline(Strong)**-[ B6(3%DV25); B9(14%DV52); B3(1%DV56); B12(0%DV25); Manganese(8%DV 285); Omega3(5%DV +2);]

One of turnip greens' key antioxidant groups, called sulforaphanes, protect health and cognitive function because they have cyto-protective effects against oxidative stress

**(2) Strong Bones**-[ C(22%DV314); vit K(220DV %220);] (())

**Urad Dahl 100gm (دال ماش ثابت) (غرام أسود)**

–(Lentils 57 / 7,282 ) Vit A(0%DV255);  
**VitB1(16%DV45);** B2(3%DV120); **B3(3%DV56);**  
 B5(2%DV18); B6(3%DV25); B12(3%DV25);  
 C(0%DV314); E(0%DV37); **Folate(37%DV52);**  
 Calcium(3%DV58); Copper(10%DV180);  
**Iron(12%DV33); Magnesium(17%DV51);**  
 Manganese(22%DV 285);  
 Phosphorous(14%DV52);  
**Potassium(10%DV25);** Selenium (2%DV 151);  
**Zinc(7%DV29); Omega3(6%DV +1);**  
 Omega6(3%DV); **Dietary Fiber(35%DV74 );**  
**Protein(18%DV52);**

**(1a) Improves Digestion—(V. Effective)** very high in **fiber(27%DV74)**, which can help to remedy any gastrointestinal issues,

**(1b) Digestion** This can help to reduce symptoms of constipation, diarrhea, bloating, and cramping in intestines

**(1c) Digestion** Urad dal has a high content of amylose starch which is a very good source of prebiotic food. Urad dal helps in the growth of intestinal bacteria like 'Clostridia' and 'Bacteroides',

**Urad Dahl (cont'd)**

which produce Short Chain Fatty Acids-SCFA. SCFA  
**(1d) Heart- –(V. Effective)** The combination of magnesium(17%DV), potassium(10%DV), fiber(35%DV) found in black gram can do wonders for your heart health.

**(2) Boost energy**

[(B12(3%DV25), Magnesium(17%DV51), Iron(12%DV33), Potassium (10%DV25)];]-The significant levels of iron(12%DV33); found in black gram make it an ideal way to boost energy, (keeps you active) and increase vitality.

**(3) Prevents diabetes**

**(4) Heart-** The combination of fiber(35%DV),, potassium(10%DV),, and magnesium(17%DV), found in black gram can do wonders for your heart health.

**(5) Improves beauty**

**Urad Dahl (cont'd)****(6) Male Potency-Dysfunction**

Vit E(0%); Vit A(0); B12(3%); B6(3%) );  
Protein(18% DV52); Potassium(10% DV25);  
VitB1(16% DV45); B3(3% DV56); vit D(0%);  
Calcium(3% DV58); Magnesium(17% DV51);  
Zinc(7% DV29); Selenium (2% DV]

Acts on Male reproductive System treats sexual dysfunction. Soak urad dal in water for 5-6 hours and then fry it in ghee.

**(7) Improve beauty relieves pain and inflammation throughout the body**

**Urad Dahl Side Effects**

**(1)** One of the common complaints about black gram is that it can significantly boost the uric acid levels in your body. For people who suffer from kidney stones, gallstones or gout, adding more uric acid to your body might only exacerbate the calcification

**Walnuts 28gm (عين الجمل)(اخروٹ) (43/13541)-**

Highly Acidic +C Ph NA;

Vit A(0%DV); **VitB1(6%DV45); B2(2%DV120);**

**B3(2%DV56); B5(2%DV18); B6(8%DV25);**

B12(0%DV); C(1%DV314); E(1%DV37);

**Folate(7%DV52); vit K(1DV%220);**

**Calcium(3%DV58); Copper(RBC+Central Nervous Sys+Bones)(22%DV180);**

**Iron(5%DV33); Magnesium (11%DV51);**

**Manganese(48%DV 285);**

Phosphorous(10%DV52); **Potassium(4%DV25);**

**Selenium (2%DV 151); Zinc(6%DV29);**

Omega3(150%DV -1/4); Omega6(210%DV);

**Fiber(8%DV74 ); Protein(9%DV52);**

Calorie(9%DV); Sat fat(9%); Total Fat(28%)

**Walnuts Benefits- (1) Antioxidants(Moderate)-**

**(43/13541) [ (C(1%DV314); Vit A(0%DV);**

**E(1%DV); Copper(22%DV180); Selenium**

**(2%DV 151); Zinc(6%DV29)]**

**(1) Arthritis(Good)-[Fiber(8%DV74 );**

**Potassium(4%DV25); Vit C(1%DV314);**

Purines-NA Omega3(150%DV -1/4);

**Copper(22%DV180)]**



**Walnuts (cont'd)**

**(2) Increase libido and male potency**

**(Moderate)-** [B6(8%DV25); Protein(9%DV52); Zinc(6%DV29); Vit A(0%DV255); E(1%DV)]

**(3) Boost energy** [B12(0%**DV**25);), Magnesium(**11%DV**51), **Iron(5%DV**33), Potassium (**4%DV**25);]

**Walnuts side effects** Tree nuts, such as walnuts, are among the eight food types considered to be major food allergens in the U.S., requiring identification on food labels

**\*WaterMelon-450 gm**(بطيخ أحمر)(تربوز) Highly Alkaline+A ph6- (**Purines NA** Hi>400 Lo<100)- Vit **A**(54%DV255); **VitB1**(9%DV45); **B2**(6%DV120); **B3**(3%DV56); **B5**(9%DV18); **B6**(9%DV25); **B12**(0%DV25); **C**(63%DV314); **E**(0%DV37); **Folate**(3%DV52); **K**(0%DV220); **Calcium**(3%DV58); **Copper**(9%DV180); **Iron**(6%DV33); **Magnesium**(12%DV285); **Manganese**(9%DV 285); **Phosphorous**(6%DV52); **Potassium**(15%DV25); **Selenium** (3%DV 151); **Zinc**(3%DV29); **Omega3**(0%DV NA); **Omega6**(NA%DV); **Fiber**(6%DV74 ); **Carbs**(12%DV37); **Protein**(6%DV52); **Calorie**(6%DV52); **Sat fat** (0%DV); **Total Fat**(1%DV)

**\*WaterMelon Benefits**(1) **Anti-Oxidants**-[vit **C** (63%DV); vit **A**(54%DV255); vit **E**(0%DV); **Copper**(9%DV180); **Zinc**(3%DV29); **Selenium**(3%DV151)] Due to its Flavonoid, Carotenoid and Lycopene content, watermelon is one of nature's most effective anti-inflammatory foods.

## **\*WaterMelon**-(cont'd)

(**1a**) Lower Your Heart Attack Risk-( V. Strong)  
(**BP**) [Magnesium(12%DV51);

Potassium(15%DV25); Fiber(6%DV74)

(**1b**) Prevents Cancer

(**1c**) Eyes(v. Good)- [Vit **A(54%DV255)**;  
**C(63%DV314)**; Omega3(0%DV NA)] Prevents  
Macular Degeneration

(**1d**) Controls Diabetes

(**1e**) Relieves Pain & Muscle Soreness-

Studies have shown that watermelon's supply of the amino acid l-citrulline is effective at reducing muscle soreness. One particular Journal of Agricultural and Food Chemistry study looked at watermelon juice as a functional drink for athletes and observed that after 24 hours of supplementing with watermelon juice, athletes experienced improved heart rates that were more beneficial for muscle recovery in addition to less overall soreness and muscle aches.

Additionally, benefits of watermelon include providing vitamin C, which has been shown to protect cartilage and bones, be used in **repairing**

## **\*WaterMelon**-(cont'd)

**tendons and ligaments**, and help speed wound healing and scar tissue. (7) Obtaining proper amounts of potassium and magnesium from whole food sources is also important for muscle recovery and reduced pain. Potassium assists in the prevention of muscle cramping following exercise.

**(2) Cures Impotence**-(1) Vit E(0%DV37); Vit A(54%DV); B12(0/35%DV); **B6(9%DV25 )**; Protein(6%DV52); Potassium(15%DV25); VitB1(9%DV45); **B3(3%DV56)**; vit D(0/50%); Calcium(3%DV58); Magnesium(12%DV51); Zinc(3%DV29); **Selenium (3%DV]** Arginine, present in watermelon, is beneficial in curing erectile dysfunction

**(3) Arthritis-(Good)**[Fiber(6%DV74 ); Potassium(15%DV25); **Vit C(63%DV314)**; Purines(NA); **Omega3(0%DVNA)**; **Copper(9%DV180)]** **(3) Treats Kidney**

Disorders

(4) Prevents Summer Heat Stroke

## **\*WaterMelon**-(cont'd)

Side Effects of Water Melon- Large quantities

### **(1) Quickly spike blood sugar levels**

[Carbs(12%DV37); Protein(6%DV52); Calorie(6%DV52); Sat fat (0%DV); Total Fat(1%DV)]-Because watermelon contain a high amount of sugar and carbohydrates, but practically no protein or healthy fats,

### **(2) Low BP Patients to avoid**

### **(3) Digestion problems**

## 1 (دقيق القمح الأبيض) (گیہوں کا) **Wheat Flour White**

**50gm– Low Acidic pH6-** Vit A(0%DV255);  
 VitB1(12%DV45); B2(4%DV120);  
 B3(10%DV56); B5(6%DV18); B6(4%DV25);  
 B12(0%DV25); C(0%314DV); E(0%DV37);  
 Folate(10%DV52); Calcium(2%DV58);  
 Copper(11%DV180); Iron(10%DV33);  
 Magnesium(49%DV51); Manganese(285%DV  
 285); Phosphorous(14%DV52);  
 Potassium(5%DV25); Selenium (72%DV 151);  
 Zinc(7%DV29); Omega3(2%DV -1/20);  
 Omega6(10%DV); Dietary Fiber(17%DV74 );  
 Protein(31%DV52);

**Wheat Flour White Side Effects-**Contains  
 gluten High Gluten converts to sugar Bakery  
 products , White bread, Wheat

**Wheat Flour whole grain 150gm****(دقيق القمح كامل الحبوب) (جو) – Low Acidic ph6- Vit**

A(0%DV255); VitB1(45%DV45);  
 B2(19%DV120); B3(48%DV56); B5(15%DV18);  
 B6(25%DV25); B12(0%DV25); C(0%DV314);  
 E(0%DV37); Folate(16%DV52); Vit  
 K(4%DV220); Calcium(5%DV58);  
 Copper(29%DV180); Iron(33%DV33);  
 Magnesium(51%DV51); Manganese(285%DV  
 285); Phosphorous(52%DV52);  
 Potassium(17%DV25); Selenium (151%DV  
 151); Zinc(29%DV29); Omega3(3%DV -1/20);  
 Omega6(18%DV); Dietary Fiber(74%DV74 );  
 Protein(41%DV52);

**Wheat Flour whole grain Side Effects-**

Contains gluten High Gluten converts to sugar  
 Bakery products , White bread, Wheat

**Yogurt (میتھا دلی) (زبادي)** plain whole 80gm  
(ph NA +C Highly acidic) (**Purines-4 Hi>400**  
**Lo<100**)

Vit A(2%DV255); **B1(2%DV45)**; **B2(7%DV120)**;  
B3(0%DV56); **B5(3%DV18)**; **B6(1%DV25)**;  
**B12(5%DV25)**; **C(1%DV314)**; E(0%DV37);  
Folate(1%DV52); K(0DV%220); **Calcium-**  
**(10%DV58)**; Copper(0%DV180);  
Iron(0%DV33); **Magnesium(2%DV51)**;  
Manganese(0%DV 285); **Phosphorous**  
**(8%DV52)**; **Potassium (4%DV25)**; **Selenium**  
**(3%DV 151)**; **Zinc(3%DV29)**; **Omega3(4%DV**  
**-1/2)**; Omega6(5%DV); Fiber(zero%DV74 );  
carbs (1%DV36); **Protein(6%DV52)**;  
Calorie(2%DV); Sat fat (8%); Total Fat(4%)  
**Yogurt (1) Antioxidants (poor)** [**vit C (1%DV)**;  
**vit A(2%DV)**; **vit E(0%DV)**; **Copper(0%DV)**;  
**Zinc(3%DV29)**; **Selenium(3%DV)**]

- Yogurt is a food product made by fermenting milk. It contains small amounts of natural milk sugar (lactose). Yogurt is a great source of high-quality protein **[(6%DV52);**], including both



## Yogurt(cont'd)

casein (80%) and whey (20%). The bacteria used to make yogurt are called "yogurt cultures," which ferment lactose, the natural sugar found in milk. This process produces lactic acid, a substance that causes milk proteins to curdle, giving yogurt its unique flavor and texture.

Yogurt can be made from all types of milk. Varieties made from skim milk are considered fat-free, whereas those made from whole milk are considered full-fat. Plain yogurt without added colorants is a white, thick liquid with a tangy flavor.

**(1a) BP (poor)** [Magnesium(2%DV51); fiber, Potassium (4%DV25); Fiber(zero%DV74 ) ]

**(1b) Digestive-IBS(good)-[** Fiber(zero%DV74 ) ]

Probiotic yogurt [**Probiotics** are live bacteria and yeasts that are good for your health, especially your digestive system. ... **Probiotics** are often called "good" or "helpful" bacteria because they help keep your gut healthy. Good bacteria are naturally found in your body. You

can find **probiotics** in some foods & supplements

65

## Yogurt(cont'd)

supplements. Famous brand of probiotic is **Activia** is available in a variety of flavors, including strawberry, mixed berry, vanilla, cherry] may improve gut health. It can reduce antibiotic-associated diarrhea, reduce symptoms of **irritable bowel syndrome IBS** and help with the digestion of lactose.] Healthy bacteria that are added to yogurt help to improve the microflora in the gut, which is responsible for digestion and a healthy digestive tract.

### (1c) Brain-Memory-Mood-(Poor)

[**B6(1%DV25); Folate(1%DV52)Choline;**  
B3(0%DV56); B12(5%DV25);  
Manganese(0%DV 285); **Omega3(4%DV -1/2); ]**

**Yogurt(cont'd)**

**(2a) Increases Bone Density** & May Help Prevent Osteoporosis **–(Moderate)** -[ { Calcium(10%DV58);K(0DV%220); D(0%); Copper(0%DV180); Manganese(0%DV)]- Cuts the risk of osteoporosis(bones become brittle and fragile from loss of tissue, typically as a result of deficiency of calcium or vit D, because Yogurt is a rich source of calcium(10%DV) and protein(6%DV).

**(3) Help Lose Weight (Moderate)**, [Carbs(1%); Protein(6%DV52); Calorie(2%DV); Sat Fat(8%); Total Fat(4%) ]

**(4) Yogurt-Libido(poor)** [ Vit E(0%DV37); Vit A(2/0%DV); B12(5/0%DV); B6(1%DV25 ); Protein(6%DV52); Potassium(4%DV25); VitB1(2%DV45); B3(0%DV56); vit D(0%); Calcium(10%DV58); Magnesium(2%DV51); Zinc(3%DV29); Selenium (3%DV)]